

express

LIPOSUCTION
Unwanted Fat Removed Permanently!
FREE Diet Management
FREE B12 Shots

Before **After**

vita
SURGICAL GROUP
www.vitasurgical.com
202.452.1332
24th and I St.
Foggy Bottom
Metro
703.533.1025 Tyson's Corner
703.465.0666 Alexandria
301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore

SPRING SPECIAL! ENDS SOON!

A PUBLICATION OF **The Washington Post** | PLAN YOUR NIGHT AT WWW.EXPRESSNIGHTOUT.COM | MARCH 10, 2009 | **>>FREE<<**

Tuesday



FURUVIK ZOO/JAP

Santino stored up rocks to throw at zoo visitors.

Premeditated: Irked chimp proves animals plan ahead | **7**

Red Scare: Officials protest Chinese harassment of ship | **5**



Big Grapple:
Hoyas hit N.Y.C. for last shot at Big Dance | **10**

ENTERTAINMENT

Revolver: Pop star *Jesse McCartney* remixes his album. Plus, 'Law and Order' speaks with a British accent.



>> 13-18

Stem Cell Policy Overturned

Obama moves to separate scientific research from politics

WASHINGTON | Reversing Bush policy, President Barack Obama on Monday cleared the way for a significant increase in federal dollars for embryonic stem cell research and promised no scientific data will be "distorted or concealed to serve a political agenda."

Obama signed the executive order on the divisive stem cell issue and a memo addressing what he called scientific integrity before an East Room audience packed with scientists. He laced his remarks with several jabs

at the way science was handled by former President George W. Bush.

Obama said his memorandum is the beginning of a process of ensuring his administration bases its decisions on sound science; appoints scientific advisers based on their credentials, not their politics; and is honest about the science behind its decisions.

Fulfilling a campaign promise, Obama signed the order on stem cell research that supporters believe could uncover cures for



Obama

serious ailments from diabetes to paralysis.

Obama's action reverses Bush's stem cell policy by undoing his 2001 directive that banned federal funding for research into stem lines created after Aug. 9, 2001.

Bush argued he was defending human life because days-old embryos — although typically from fertility clinics and already destined for destruction — are destroyed to create the stem cell lines. (AP)

Scholars Unveil 'Real' Face of Shakespeare



BACK IN TIME: Professor Stanley Wells, chairman of the Shakespeare Birthplace Trust, unveils a painting of William Shakespeare in London on Monday that scholars believe is the only authentic image of Shakespeare made during his life. The recently discovered painting is believed to date from around 1610.



DO YOU THINK IT'S UNETHICAL TO USE EMBRYONIC STEM CELLS FOR SCIENTIFIC RESEARCH? **A YES B NO**

TO CAST YOUR VOTE, VISIT **EXPRESSNIGHTOUT.COM** OR TEXT **A** FOR 'YES' OR **B** FOR 'NO' TO 98999. FOR MONDAY'S POLL RESULTS, SEE PAGE 28



TUESDAY
51 | 47



WEDNESDAY
65 | 39



THURSDAY
48 | 35

TODAY: Mostly cloudy and becoming cooler with a little rain likely | **30**

eyeOpeners

STEREOTYPES

Just Your Typical Night Down Under

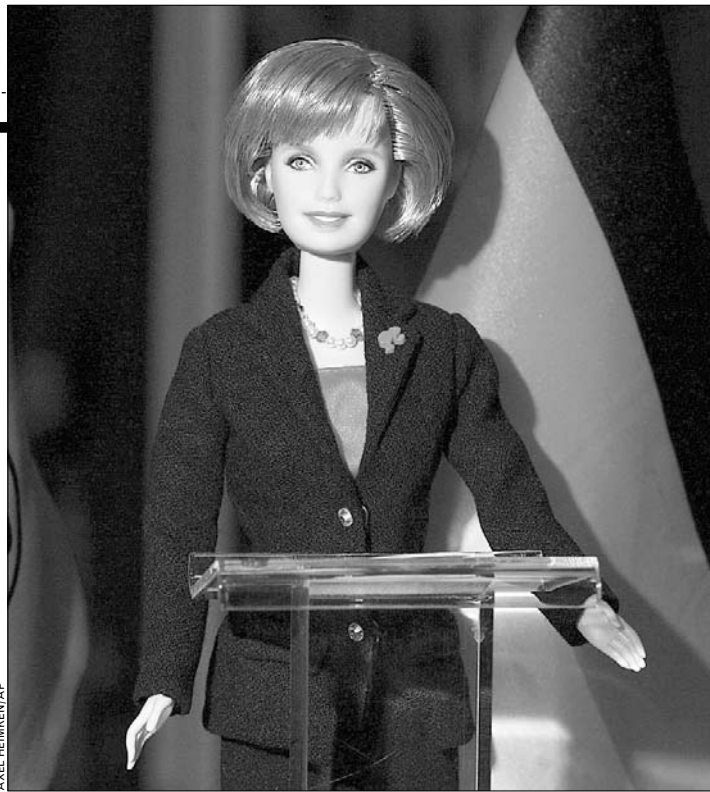
When a dark intruder smashed through Beat Ettlin's bedroom window in Canberra, Australia, and bounced on his bed, he was relieved to discover it was a kangaroo. "My initial thought when I was half-awake was, 'It's a lunatic ninja coming through the window,'" the 42-year-old said Monday. "It seems about as likely as a kangaroo breaking in." But his relief was brief. The frantic kangaroo bounded into the bedroom of his 10-year-old son, who screamed, "There's a 'roo in my room!" Ettlin wrestled the thrashing and bleeding intruder into a hallway. He used a single hand to open the front door and shoved the kangaroo into the dark night. (AP)



ADVICE

Even if the Shoe Fits, Don't Buy It!

In Vista, Calif., a former bookkeeper embezzled \$9.9 million, forcing her company to lay off workers as she bought 400 pairs of shoes that she kept in a room-sized closet, authorities claim. Annette Yeomans, 51, surrendered at the Vista jail on Friday and was booked for investigation of grand theft and embezzlement. She was being held Saturday at the San Diego County jail in lieu of \$10 million bail. She spent at least \$240,000 on 400 pairs of shoes, \$300,000 on designer clothing and 160 purses valued at \$2,000 each. She also remodeled a bedroom into a closet with a chandelier and a 32-inch TV, they said. (AP)



AXEL HEIMKEN/AP

SAYINGS

Ich Bin Ein Barbie

This gal doesn't look like she's spent much time sunning herself in Malibu. In fact, the incarnation of Barbie shown here is currently a Berliner, considering she serves as chancellor of Germany. That's right, folks — meet Angela Merkel Barbie, created by Mattel in honor of the doll's 50th anniversary. We've no doubt this'll be a financial score for the toy company — strip Barbie of her flowing locks, pink car and fun accessories, and the little girls will go wild! (EXPRESS)

GOODS

Smoky Bandit

Authorities say they arrested a jail inmate trying to sneak back into the lockup with cigarettes allegedly stolen

from a nearby store. Sheriff Tommy Gregory said Saturday that 25-year-old Harry Jackson of St. Marys, Fla., opened a door to the exercise yard and climbed the outer fence. Deputies found a jail door unlocked Saturday and

were looking for the inmate. They spotted Jackson trying to return and found 14 packs of cigarettes they believe were stolen from a convenience store. Jackson faces new charges of breaking out of jail and burglary. (AP)

ANNENBERG LEADERSHIP INSTITUTE 2009 TRAINING SEMINARS

Preparing federal leaders to solve national challenges by driving innovation, inspiring employees and delivering results.

Two-day, intensive seminars developing leadership skills through the real-life application of classroom lessons

PROGRAMS BEGIN IN MAY 2009. REGISTER ONLINE TODAY!

Motivating and Leading People
Managing Across Levels
Driving Innovation

The Partnership for Public Service is a nonpartisan, nonprofit organization that works to revitalize our federal government by inspiring a new generation to serve and by transforming the way government works. With our focus on innovation in public service, our *Annenberg Leadership Institute* trainings and seminars are uniquely designed for federal employees.

Complete information and online registration are available at
OURPUBLICSERVICE.ORG/ALIS



PARTNERSHIP FOR PUBLIC SERVICE

LEARN ENGLISH *Sanj*
Se Habla Español since 1939
Financial Aid if qualified
1(877)844-2505

\$\$\$\$ NO LAYOFFS HERE! \$\$\$\$
Supplement your income NOW.

Build a home business
marketing healthcare.
In this terrible economy,
you can still earn

RECESSION PROOF INCOME.

Call our Message Center today.

301-266-2615

www.EveryoneBenefits.com/40163901

Sell your car, truck or
SUV in Express.

Place your Classified
ad today.

202-334-6200.

express
A Publication of the *The Washington Post*

expressnightout.com

Classified ads appear in Express
and The Washington Post.



"It's fallen off a cliff. Not only has the economy slowed down a lot, but people have really changed their habits like I haven't seen."

—Warren Buffett, warning on CNBC Monday that unemployment may continue to go up.

Nation

In Brief



Martha Stewart's dog Ghengis Khan was one of 17 dogs killed in the blast.

LEHIGHTON, PA.

Martha Stewart's Puppy Is Killed in Kennel Explosion

Martha Stewart's chow puppy was one of 17 dogs killed in an accidental propane explosion at an eastern Pennsylvania kennel. The domestic maven wrote on her blog that she was "deeply saddened" by the death of her dog Ghengis Khan in Friday's blast at Pazzazz Pet Boarding, a kennel that breeds and trains show dogs. (AP)

DENVER

Chemical Fumes Force Evacuation of Hospital

Fumes from chemicals that were inadvertently mixed temporarily forced the evacuation Monday of about 500 people from National Jewish Health, a health system with a national reputation for respiratory care. About 45 people were transported to other hospitals for treatment, mostly for nausea and respiratory irritation. (AP)

Bush Guidelines Face Obama Review

President says he will limit practice of using 'signing statements'

WASHINGTON | President Obama on Monday ordered a review of former President George W. Bush's guidelines for implementing legislation passed by Congress, at the same time saying that he would employ his own version of how he wants the government to follow the law.

In a memo to senior government officials, Obama said they must check with Attorney General Eric Holder before relying on any of Bush's so-called "signing statements" for guidance.

Bush often issued a statement when signing a bill into law, and critics said the statements at times



President Obama signs an executive order on stem cells on Monday. Obama has ordered a review of former President George W. Bush's "signing statements."

showed government officials how to circumvent the law if Bush disagreed with it on constitutional grounds.

"There is no doubt that the practice of issuing such statements can be abused," Obama wrote. "Constitutional signing statements should not be used to suggest that the president will disregard statutory requirements on the basis of policy disagreements."

Obama ordered his administration to work with Congress to let lawmakers know about concerns over legality before legislation gets to the White House for the president's signature.

He also pledged that he would use caution and restraint in writing his own signing statements.

PHILIP ELLIOTT (AP)

Study: 1 in 50 Kids Faces Homelessness

Report gives 24 states 'inadequate' grades for addressing issue

NEW YORK | One of every 50 American children experiences homelessness, according to a new report that says most states have inadequate plans to address the worsening and often-overlooked problem.

The report being released Tuesday by the National Center on Family Homelessness gives Connecticut the best ranking. Texas is at

INSIDE THE REPORT

→ The report's overall state rankings reflect performance in four areas: child homelessness per capita, child well-being, risk for child homelessness, and state policy and planning.

→ The top five states were Connecticut, New Hampshire, Hawaii, Rhode Island and North Dakota.

→ At the bottom were Texas, Georgia, Arkansas, New Mexico and Louisiana.

the bottom.

"These kids are the innocent victims, yet it seems somehow or other they get left out," said the center's president, Dr. Ellen Bassuk. "Why are they America's outcasts?"

The report analyzes data from 2005 to 2006. It estimates that 1.5 million children experienced homelessness at least once that year, and says the problem is surely worse now because of the foreclosures and job losses of the deepening recession.

Reflecting the disarray caused by

Hurricane Katrina, the report said Louisiana had the most homeless children per capita in 2006, followed by Texas and California.

However, Bassuk — a psychiatry professor at Harvard Medical School — said many states fell short in regard to policy and planning. Only six were praised for "extensive" planning to curb child homelessness. Twenty-four states received an "inadequate" grade.

"If we could freeze-frame it now, it would be bad enough," said Sen. Robert Casey, D-Pa., who wrote a foreword to the report. "By the end of this year, it will be that much worse." DAVID CRARY (AP)

Allergies?

Winter is here

Does your home have sick house syndrome? Dust mites, molds and even holiday foods can cause allergies. Flu-like symptoms, sinus infections even fatigue may be the result. Our Physicians have the latest medicines, testing and treatment programs to help you feel better quickly, safely and easily all without those "painful" scratch tests.

Please accept our invitation to visit us and to make an appointment today.

T: 800.287.2829
MyAllergyCare.com

We participate with most health-plans

Allergy Care Centers
Care for All Seasons

Offices conveniently located in: Manassas • Wheaton Plaza • Laurel • Ballston • White Flint • Chantilly • Vienna • Gaithersburg/North Potomac • Springfield • Sterling



All Dental Needs...
... All In One Place
FREE CONSULTATION

– Latest Technology
 – Complete Dental & Orthodontic
 – Click an appointment online



COSMETIC DENTISTRY
KstreetDental.com
 Invisalign & Lumineers
 K Street Dental Dr. Shouhayib & Assoc 866-796-2350
 • Foggy Bottom Metro, 306 Washington Circle, NW
 • Kentlands Location, 308 Main Street, Gaithersburg

HEALTHY MEN & WOMEN



Have you considered volunteering for a research study to advance medicine?

Right now, SNBL Clinical Pharmacology Center in downtown Baltimore is enrolling healthy volunteers 18 to 65 into a research study to evaluate an investigational medication.

Eligible participants may receive up to \$1,535 or \$2,300 for time and effort

Call now to see if you qualify, toll-free

1-866-706-8833

SNBL
 CLINICAL PHARMACOLOGY CENTER

Managing Complexity. Enabling Results.

MS IN PROJECT MANAGEMENT GW SCHOOL OF BUSINESS

REALIZE YOUR POTENTIAL

We are leading the way in Project Management. Geared for working professionals, our premier program offers on-campus and distance modes, full-time and part-time options and an academic curriculum that transcends industries. Find out how an MS in Project Management can enhance your ability to integrate complex projects, motivate people and achieve cost-effective results!

Now accepting applications for a September 2009 start.

We will be holding several information sessions online and on-campus this spring. To view these session dates and to register, please visit our website at **mspm.gwu.edu** or call **202.994.1212**

THE GEORGE
 WASHINGTON
 UNIVERSITY
 WASHINGTON DC

BRING US YOUR
AMBITION.

www.gwu.edu/gradinfo



THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION INSTITUTION CERTIFIED TO OPERATE IN VA BY SCHEV.

G21808

Nation



BOTTOMS UP: Utah lawmakers agreed Monday to eliminate the state's 40-year-old private club system, which requires patrons to fill out an application and pay a fee for the right to enter a bar.

Charges in Church Attack

Suspect in Ill. pastor's fatal shooting marked 'death day' in planner

MARYVILLE, ILL. | The man charged with gunning down a pastor mid-sermon then stabbing two congregants referred to Sunday as "death day" on a planner found in his home and carried enough ammunition to kill 30 people, a prosecutor said Monday.

Madison County State's Attorney William Mudge did not know how the reference was entered in alleged gunman Terry J. Sedlacek's day planner, only that it singled out Sunday as "death day."

"The only thing I can really comment on is he came armed with many rounds of ammunition and a knife, and I think we can surmise that more bloodshed may have occurred," Mudge said Monday.

Sedlacek, 27, of Troy, was charged Monday with first-degree murder and aggravated battery in the attack that killed the Rev. Fred Winters and left two congregants who tackled the



The First Baptist Church in Maryville, Ill., began grief counseling on Monday.

gunman with stab wounds.

Neither Mudge nor Illinois State Police would comment on a motive in the attack, or on Sedlacek's mental state when he allegedly strode into First Baptist Church shortly after 8 a.m. Sunday, exchanged words Winters, and then began firing.

"We're still not sure what the reasoning was," said Illinois State

Police Lt. Scott Compton.

Sedlacek once suffered bouts of erratic behavior his family said was due to Lyme disease. In an August 2008 St. Louis Post-Dispatch article, Ruth Abernathy said her son was taking several medications and had difficulty speaking after contracting the tick-borne illness. (AP)

Help Build Better Vaccines for a Healthier World

A new generation of science building a generation of vaccines

Healthy Adults 18-70 years old needed to participate in the study of an investigational Influenza vaccine.

To volunteer, please call: 1-866-833-LIFE (toll free) or TTY: 1-866-411-1010

Financial compensation provided. The study will evaluate the safety of the vaccine and see if it generates an immune response. You cannot become infected with Influenza virus by receiving the vaccine.

Vaccines for Life™

A HACK JOB: Three more federal charges have been filed against a University of Tennessee student charged with hacking into the personal e-mail account of Sarah Palin, the Alaska governor and former Republican vice presidential nominee.



Nation

U.S.: China Harassed Naval Vessel

The Pentagon protests 'immature' maneuvers in South China Sea

WASHINGTON | The Obama administration vowed Monday to keep up military surveillance in waters off China and protested to China about what it called harassment of a U.S. ship doing that work last week.

The Pentagon charged that a Chinese intelligence-gathering vessel and four others "shadowed and maneuvered dangerously close" to the USNS Impeccable surveillance ship in the South China Sea on Sunday, then threw obstacles in the water as it tried to leave.

In an odd twist, the unarmed Impeccable, which is operated for the Navy by civilian mariners, turned fire hoses on one vessel that came within 50 feet of it. The Chinese crew stripped to their underwear, and then closed to within 25 feet.

A Pentagon spokesman called that "immature" and said the Chi-



Two Chinese trawlers are shown maneuvering near the USNS Impeccable surveillance ship Sunday in the South China Sea.

nese behaved recklessly and in violation of international law.

"We view these as unprofessional maneuvers," spokesman Bryan Whitman said.

The U.S. Navy surveillance ships tow sonar equipment that probes

the ocean to gather acoustic data and detect underwater threats.

The craft was specifically designed to augment the Navy's anti-submarine capability, although military spokesmen would not be specific about the

Impeccable's duties.

The incident came just a week after China and the U.S. resumed military-to-military consultations following a five-month suspension over U.S. arms sales to Taiwan.

PAULINE JELINEK (AP)

Minority Voting Rights Extension Nixed by Court

WASHINGTON | The Supreme Court ruled Monday that a part of the Voting Rights Act aimed at helping minorities elect their preferred candidates applies only in electoral districts where minorities make up more than half the population.

This could make it harder for some minority candidates to win election and for Southern Democrats, in particular, to draw friendly electoral boundaries after the 2010 Census.

The 5-4 decision, with the court's conservatives in the majority, came in the case of a North Carolina plan that sought to preserve the influence of black voters even though they made up just 39 percent of the population in a state legislative district.

While not a majority, the black voters were numerous enough to determine the outcome of elections, the state argued in urging the court to extend the civil rights law's provision to the district. (AP)

Go to College.

¡Sí, se puede!



The Chavez Schools are **NOW** accepting applications for our college preparatory programs at our three locations in DC:

Chavez Prep-NW DC

Accepting Grades 6-8

Chavez Parkside-NE DC

Accepting Grades 6-10

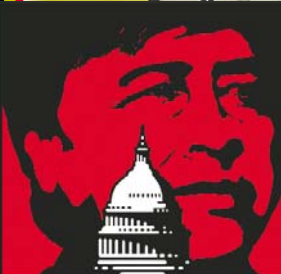
Chavez Capitol Hill-SE DC

Accepting Grades 9-10

For more information, Open House dates, or an application, visit

www.chavezschools.org

or call 202-547-3975.



CESAR CHAVEZ
PUBLIC CHARTER
SCHOOLS
FOR PUBLIC POLICY

Join the human race against HIV/AIDS

HIV knows no borders. That's why we all need to be part of a solution.

If you're 18-50, healthy, and HIV-negative, consider becoming a volunteer in an investigational preventive HIV vaccine research study. You won't run the risk of infection from the vaccine, and you'll be paid for your contribution.

Call 1-866-833-LIFE or visit

www.vrc.nih.gov for more information. Because preventing HIV takes all of us.

**JOIN THE HUMAN RACE
AGAINST HIV/AIDS
1-866-833-LIFE**



World



BAD SPORT: Poland's prime minister has apologized after being caught on tape skipping a parliamentary vote to play soccer with friends. A private Polish TV station caught Donald Tusk in a match on Thursday while lawmakers voted on pension plans.

N. Korea Threatens Aggression

Military says attempts to stop satellite launch could provoke a war

SEOUL, SOUTH KOREA | North Korea put its troops on alert and cut the last hot line to Seoul on Monday as the American and South Korean militaries began joint maneuvers. The communist regime warned that even the slightest provocation could trigger war.

The North stressed that provocation would include any attempt to interfere with its impending launch of a satellite into orbit. U.S. and Japanese officials suspect the launch is a cover for a test of a long-range missile and have suggested they might try to intercept the rocket.

"Shooting our satellite for peaceful purposes will precisely mean a war," North Korea's military threatened in a statement carried by the official Korean Central News Agency. Any interception attempt will draw "a just, retaliatory strike," it said.

The North has been on a retreat from reconciliation since President Lee Myung-bak took office in the South a year ago. After Lee said the North must continue dismantling its nuclear program if it wants aid, Pyongyang cut ties, suspended joint projects and stepped up its belligerence rhetoric. JEAN H. LEE (AP)

China Tightens Security in Tibet

Restive areas closed off ahead of sensitive uprising anniversary

KANGDING, CHINA | Authorities closed the last window into a restive Tibetan region in western China on Monday, tightening its security cordon on the eve of the 50th anniversary of the failed uprising that sent the Dalai Lama into exile.

Beijing is trying to head off trouble around March 10, which marks the start of the 1959 abortive Tibetan revolt against Chinese rule. A peaceful commemoration last year by monks in Lhasa, Tibet's regional capital, erupted into anti-Chinese rioting four days later and spread to surrounding provinces — the most sustained and violent demonstrations by Tibetans in decades.

This year, chains of police checkpoints confront travelers to ethnically Tibetan areas — a quarter of Chinese territory that stretches from Tibet to parts of Qinghai, Sichuan and Gansu provinces. Convoys



Chinese paramilitary police on Monday patrol a street in Kangding, a town known for a strong Tibetan identity where violent anti-Chinese rioting occurred last year.

of armored vehicles and sandbagged sentry posts have turned the remote mountainous region into something of an armed camp. Police patrols have increased outside Buddhist monasteries.

Recent visitors to Lhasa have described armed police posted on rooftops. Local governments in Tibetan areas have ordered foreign tourists out, and foreign journalists have been detained and told to leave.



An exiled Tibetan Buddhist monk prays in Dharamsala, India, Monday.

Internet and text-messaging services, which helped spread word of last year's protests, have been unplugged in parts of the region.

"There won't be large-scale protests because the security situation in areas of Tibetan populations is very tight," said Dibyesh Anand, a Tibet expert at London's Westminster University. "Let's say there is a protest in a small town somewhere. How would we know? ... Even if there is a clampdown, we will not find out." AUDRA ANG (AP)

HEARSAY | CLARIFICATIONS



"In this case, I want to say there is no foul play. It was an accident that, unfortunately, took away her life."

—MORGAN TSVANGIRAI, ZIMBABWEAN PRIME MINISTER, MONDAY, ON THE CAR CRASH THAT KILLED HIS WIFE, SUSAN. ZIMBABWE'S HISTORY OF VIOLENCE BLAMED ON PRESIDENT ROBERT MUGABE'S FORCES FUELED SUSPICIONS THE CRASH WAS NOT ACCIDENTAL.

Gunmen Kill 6 in Mexican Region

ACAPULCO, MEXICO | Gunmen killed six people, including a local police chief, in a series of attacks Monday in mountain towns in the Pacific coast state of Guerrero.

The police chief of Pungarabato was repeatedly shot while driving his red Mustang on a highway near the town, the Guerrero state public

safety department said.

Five other men were found gunned down in different towns in the isolated mountainous zone known as the Tierra Caliente.

In the border city of Tijuana, soldiers detained 60 people at a party, including a suspected drug hit man accused of cutting up bodies. (AP)

ALCOHOLISM RUINS LIVES...

...and not just the alcoholic's. If you or someone you know needs help, here's an option: The National Institute on Alcohol Abuse and Alcoholism conducts research studies into alcohol and its effects. Qualified subjects who participate in research will receive in-patient treatment at no charge. For information, please call

301-496-1993

Deaf or hard of hearing?

Use your state relay service to call.

NIAAA
National Institutes of Health
Dept. of Health & Human Services

Healthy Volunteers

Are you between the ages of 18 to 65?

If so, SNBL Clinical Pharmacology Center in downtown Baltimore is conducting a clinical research study.

Qualified participants must:

- Be a healthy male or female ages 18 to 65
- Be able to attend overnight stays as well as outpatient visits

All office visits and study-related medical evaluations will be provided at no cost. Qualified participants may receive up to \$1,200 for their time and travel.

Contact our recruiting department now at 410-706-8833 or 1-866-706-8833 or email recruiter@snbl-cpc.com • Visit our website at www.snbl-cpc.com



BABY BRIBE: Worried by its shrinking population, the Austrian village of Rappottenstein is giving free land to anyone who will start a family there, Agence France-Presse reported.

World

Study: Apes Plan Ahead

Chimp who stashed rocks to hurl at visitors shows grasp of future

STOCKHOLM | A canny chimpanzee who calmly collected a stash of rocks and then hurled them at zoo visitors in fits of rage has confirmed that apes can plan ahead just like humans, a Swedish study said Monday.

Santino the chimpanzee's anti-social behavior stunned both visitors and keepers at the Furuvik Zoo but fascinated researchers because it was so carefully prepared.

According to a report in the journal *Current Biology*, the 31-year-old alpha male started building his weapons cache in the morning before the zoo opened, collecting rocks and knocking out disks from boulders inside his enclosure. He waited until around midday before he unleashed a "hailstorm" of rocks against visitors, the study said.

"These observations convincingly show that our fellow apes do consider the future in a very complex way," said the author of the report, Lund University Ph.D. student Mathias



MASTER PLANNER: Santino, a 31-year-old male chimpanzee at the zoo in Furuvik, Sweden, was observed collecting rocks hours before throwing them at visitors.

MONKEY BUSINESS

→ **Human targets:** Santino didn't attack the other apes in his enclosure, said the report's author, Mathias Osvath. His attacks were directed only at humans viewing the apes.

→ **Poor aim:** Santino rarely hit visitors at the Furuvik Zoo, and nobody was seriously hurt when he did.

Osvath. "It implies that they have a highly developed consciousness, including lifelike mental simulations of potential events."

Osvath's findings were based on his own observations of Santino and interviews with senior caretakers who had followed the chimpanzee's behavior for 10 years at the zoo in Furuvik, about 93 miles north of Stockholm. MALIN RISING (AP)

INDIA | VIBRANT CELEBRATION



COLORFUL CHARACTERS: Schoolchildren react after their faces were smeared with colored powder as they heralded the start of spring during the festival of Holi, a celebration of colors, in Ahmadabad, India, Monday.

Sudan Releases Key Opposition Leader From Jail

KHARTOUM, SUDAN | Sudan freed a senior opposition leader Monday who was jailed after urging the president to face war crimes charges, an apparent attempt to show unity as the country defies an international order to bring its leader to trial over bloodshed in Darfur.

Hassan Turabi, an Islamist who helped bring President Omar al-Bashir to power but now is his top rival, is the only Sudanese politician who has dared say al-Bashir should surrender to an international court. Turabi was jailed for seven weeks.

The government appears to be confident that freeing Turabi ensures his Popular National Congress Party will ultimately stand behind the president. (AP)

GAS FURNACES OR HEAT PUMPS



• **TAX CREDITS - UP TO \$1,500**

• **REBATES - UP TO \$1,100**

Take advantage of Richards' Pre-Season special pricing. Now is the time to modernize heating systems.

INCREASE: COMFORT

• **RELIABILITY • EFFICIENCY**

Carrier

Turn to the Experts™

RICHARDS
HEATING & AIR CONDITIONING CO., INC.

RICHARDS HAS BEEN FAMILY OWNED AND OPERATED SINCE 1959

NORTHERN VIRGINIA

(703) 241-1900

MD-HVAC-02-9427-01
WSSC LIC. #2106
WWW.RICHARDSAC.COM

ROCKVILLE/POTOMAC

(301) 762-5761

Adele
WECHSLER
BRIDAL
TRUNK SHOW
March 12, 13 & 14

APPOINTMENTS SUGGESTED
INFORMAL MODELING

ENJOY A 10% INCENTIVE
DURING THE EVENT

RIZIK'S
CELEBRATING OVER 100 YEARS IN FASHION

1100 CONNECTICUT AVENUE, NW • WASHINGTON, DC 20036 • 202.223.4050 • WWW.RIZIKS.COM
OPEN MON-SAT 9AM-6PM, THURS 9AM-8PM • COMPLIMENTARY PMI GARAGE PARKING

PLEASE GIVE ME A HOME!

Snowy is a big, beautiful kitty with extra toes on her front paws! Snowy is very affectionate towards people. While initially shy, she will immediately come out of hiding to be petted when any visitor sits down on the floor or on the couch. 5 yrs. old, Snowy is very laid back and likes to simply relax and watch the fishes in the aquarium while sitting on a lap. Although she came to PAW with another cat, Snowy would love to be an only kitty.

For more information about Snowy or other rescued cats and dogs,

please contact:
Partnership for Animal Welfare (PAW)
P.O. Box 1074 • Greenbelt, MD 20768
(301) 572-4PAW
www.paw-rescue.org



Milestones Enrichment Center



Offering quality childcare and enrichment for ages 2-5 years old

- Field Trips • Pre-school Curriculum
- Year round program
- Full-time/Part-time drop-in care available

Conveniently located in downtown Washington, DC
Call today 202.628.5683 (Love)

Are you a *healthy woman* aged 18 to 40?

If so, we need your help in enrolling participants for a clinical research study.

Right now, SNBL Clinical Pharmacology Center in downtown Baltimore is enrolling healthy women 18 to 40 in a clinical research study of an investigational medication.

Qualified participants receive:

- All study-related evaluations and study medication at no cost
- Up to \$1,350 in compensation for time and travel



For more information, call toll-free
1-866-706-8833

MEGA MILLIONS

DRAWINGS TUESDAY AND FRIDAY

\$16

MILLION

Estimated Annualized Jackpot

Play at
your favorite
Maryland or Virginia
Lottery retailer.

Top Prize Chances: 1 in 176 Million
www.mdlottery.com • www.valottery.com

expressnightout.com

Local

Va. Bans Indoor Smoking

Law that prohibits lighting up in eateries, bars effective Dec. 1

RICHMOND | Gov. Timothy M. Kaine signed a bill Monday afternoon to prohibit smoking in many of the state's bars and restaurants.

Kaine joined state legislators, health advocates and business owners at Croc's 19th Street Bistro in Virginia Beach for the bill signing.

"I am extremely proud to have been a part of the coalition that made this day a reality, and I am thrilled to place my signature on this monumental step forward for public health in Virginia," Kaine said.

Starting Dec. 1, smoking will be banned in most restaurants and bars, although it would be permitted in private clubs, on some outdoor patios and in separate ventilated rooms.

Twenty-three other states and the District already have enacted prohibitions. Virginia will become the first state in the South to ban smoking in both restaurants and bars.



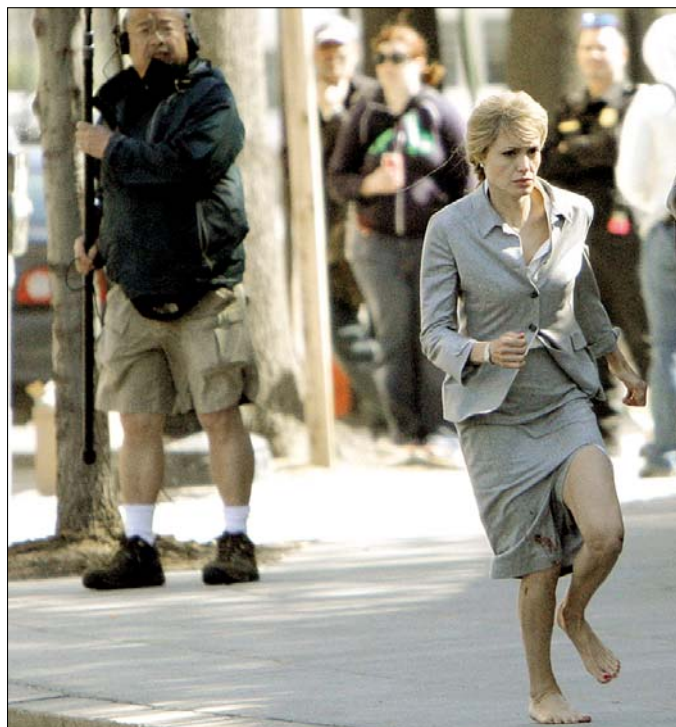
As legislators and medical professionals look on, Virginia Gov. Tim Kaine signs into law a ban on smoking in most bars and restaurants across the state Monday.

The General Assembly overwhelmingly passed the bill last month during its annual legislative session.

Kaine and others had pushed for a prohibition for years. But its passage never seemed likely given that the state is home to thousands of tobacco farms and the world's largest cigarette manufacturer.

Kaine and House Speaker William J. Howell, R-Stafford, spent weeks behind closed doors negotiating the unexpected compromise. The deal represented a rare moment of bipartisan cooperation between the state's two most powerful leaders. Health advocates also declared it a victory. ANITA KUMAR (THE WASHINGTON POST)

WASHINGTON | JOLIE FILMS MOVIE DOWNTOWN



BUSINESS TRIP: Actress Angelina Jolie runs across a street during the filming of the movie "Salt" in Washington on Monday. The film crew has been in town since Thursday shooting the spy thriller expected in theaters in 2010.

The Lotteries

Monday, March 9

DISTRICT

Mid-day Lucky Numbers	9-8-8
Evening Lucky Numbers (Sun.)	7-0-5
Mid-day DC 4	2-9-4-7
Evening DC 4 (Sun.)	0-5-5-2
Rolling Cash Five (Sun.)	2-17-22-31-32
Daily 6 (Sun.)	6-10-16-22-26-30 Bonus: 33

MARYLAND

Mid-day Pick 3	5-1-7
Evening Pick 3	0-2-6
Mid-day Pick 4	5-1-5-4
Evening Pick 4	3-7-7-0
Match 5	24-25-32-33-38 Bonus: 12

VIRGINIA

Mid-day Pick 3	8-2-9
Evening Pick 3 (Sun.)	5-8-1
Mid-day Pick 4	3-7-5-2
Evening Pick 4 (Sun.)	5-9-3-6
Mid-day Cash 5	8-12-17-27-31
Evening Cash 5 (Sun.)	4-7-8-16-33

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Money

Market Lags for Obama

Stocks turn in worst performance in history for new U.S. president

NEW YORK | The election of President Obama offered the promise of a new set of fixes for the financial crisis and the economy, a do-over that might help nurse the stock market back to health.

Since then, the market hasn't just gotten worse — it's turned in its worst performance ever for a new president.

The Dow Jones industrial average has fallen 21 percent during Obama's first seven weeks in office. Count back to Election Day and the results are even bleaker: That day, the Dow closed at 9,625. Now, it stands at 6,547, a loss of 32 percent.

Is this the Obama bear market? Or hangover from the Bush administration?

Some investors blame the slow crash on Wall Street's disappointment with the government's \$787 billion stimulus plan and its seemingly endless bailouts.

Others say Obama inherited a recession destined to become the worst since World War II.



Traders work on the floor of the New York Stock Exchange on Monday. Stockholders have lost \$1.4 trillion during President Obama's very young administration.

“Investors are waiting to see some results from these grand plans, and they don't see them yet.”

HUGH JOHNSON,
JOHNSON ILLINGTON ADVISORS

Either way, Wall Street hasn't rolled out a welcome mat for him. Stockholders have lost \$1.4 trillion during his administration.

“There's not much evidence that anything is working,” said Hugh Johnson, chairman and chief investment officer of Johnson Illington Advisors. “Investors are waiting to see some results from these grand plans, and they don't see them yet.”

MADLEN READ (AP)

Union Workers At Ford Approve Contract Changes

DETROIT | Unionized workers at Ford Motor Co. have approved contract changes that include freezing wages and cutting benefits in a move aimed at helping the automaker remain competitive.

The United Auto Workers said Monday a majority of hourly workers voted in favor of modifications to the 2007 contract with Ford, eliminating cost-of-living increases and cash bonuses.

The UAW said 59 percent of production workers and 58 percent of skilled-trades workers voted for the concessions.

The ratified deal also ends the controversial jobs bank program that let workers collect most of their pay from the company. (AP)

Drugmaker Merck Buys Schering-Plough

Pharmaceutical giants reach a \$41.1B deal to combine companies

TRENTON, N.J. | Merck & Co. is buying Schering-Plough Corp. for \$41.1 billion in a deal that gives Merck key new businesses, access to a promising pipeline of new products and the chance to further cut costs, including eliminating about 16,000 jobs.

Merck hopes the cash-and-stock deal helps it better compete in a drug industry facing slumping sales, tough generic competition and intense pricing pressures.

The deal announced Monday would unite the maker of asthma

drug Singulair with the maker of allergy medicine Nasonex, and form the world's second-largest prescription drugmaker. Merck and Schering are already partners in a pair of popular cholesterol fighters, Vytorin and Zetia, although concerns about safety and effectiveness have hurt sales.

Merck is a top maker of pills and vaccines, and acquiring Schering-Plough will add strength in the prized area of biologic drugs, which are made from living cells. It will also give Merck one of the world's biggest animal health businesses and a sizable consumer health division that includes products such as allergy pill Claritin and Dr. Scholl's foot products. LINDA A. JOHNSON (AP)

All Running 20% Off All Fitness

Limited Time Only!

Shop in-store or online at citysports.com
Enter promo code **SPRINGSale** at online checkout.

**CITY
SPORTS**
citysports.com

19TH STREET
1111 19th Street, NW
(Between L & M Streets)

GALLERY PLACE
715 7th Street, NW
(Between G & H Streets,
next to Verizon Center)

BETHESDA ROW
7121 Arlington Road
Bethesda, MD

**Certain restrictions may apply. See store for details. Cannot be combined with any other offer, discount, coupon or promotion.

MASTER OF FORENSIC SCIENCES GW ARLINGTON CENTER

CONCENTRATIONS IN
**HIGH TECHNOLOGY
CRIME INVESTIGATION**
AND
**SECURITY
MANAGEMENT**

THE COLUMBIAN COLLEGE OF ARTS AND SCIENCES

Learn from the experts in the fields of
cyber terrorism, intrusion detection,
forensic accounting, risk analysis,
emergency planning and espionage.

Gain experience in lab-based digital
forensic courses.

Secure a professional position in a
dynamic and rewarding career field.

Attend convenient classes held on
evenings and weekends in Arlington.

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

BRING US YOUR
AMBITION.

www.gwu.edu/gradinfo

Information Sessions

**Monday, March 16
7:00 pm**

The Ritz-Carlton,
Tysons Corner
1700 Tyson's Boulevard
McLean, VA 22102

**Saturday, April 4
10:00 am**

Graduate Education Center
One Virginia Square
Arlington, VA 22201

Metro: Orange Line to
Virginia Square

Rsvp Today!
703.248.2800

nearyou.gwu.edu/forensic



Sports



FULL CIRCLE: The North Carolina Tar Heels (27-3), who were an unanimous No. 1 pick in the preseason poll and for the first seven weeks of the season, moved up one place to reclaim the top spot after beating Duke on Sunday to win the ACC regular-season title.

The Hoyas' Last Chance to Dance

A disappointing year yields 12th seed in the Big East tournament

HOYAS HOOPS | Each year, Georgetown coach John Thompson III says the basketball season can be broken down into three parts: the regular season, the Big East tournament and, if all goes according to plan, the postseason.

For the first time since Thompson arrived on the Hilltop, part three is in question for the Hoyas.

The two-time defending Big East champions — ranked in the top 10 two months ago — begin play as the 12th seed in the expanded league tournament Tuesday. To reach the NCAA tournament, the Hoyas need to assemble an improbable five-game winning streak.

The alternative: a possible spot in the NIT.

How did it get this way for a team that went to the Final Four

“We can’t go into part two worried about part one.”

JOHN THOMPSON III, HOYAS COACH

two seasons ago and had reached the Big Dance in three consecutive seasons?

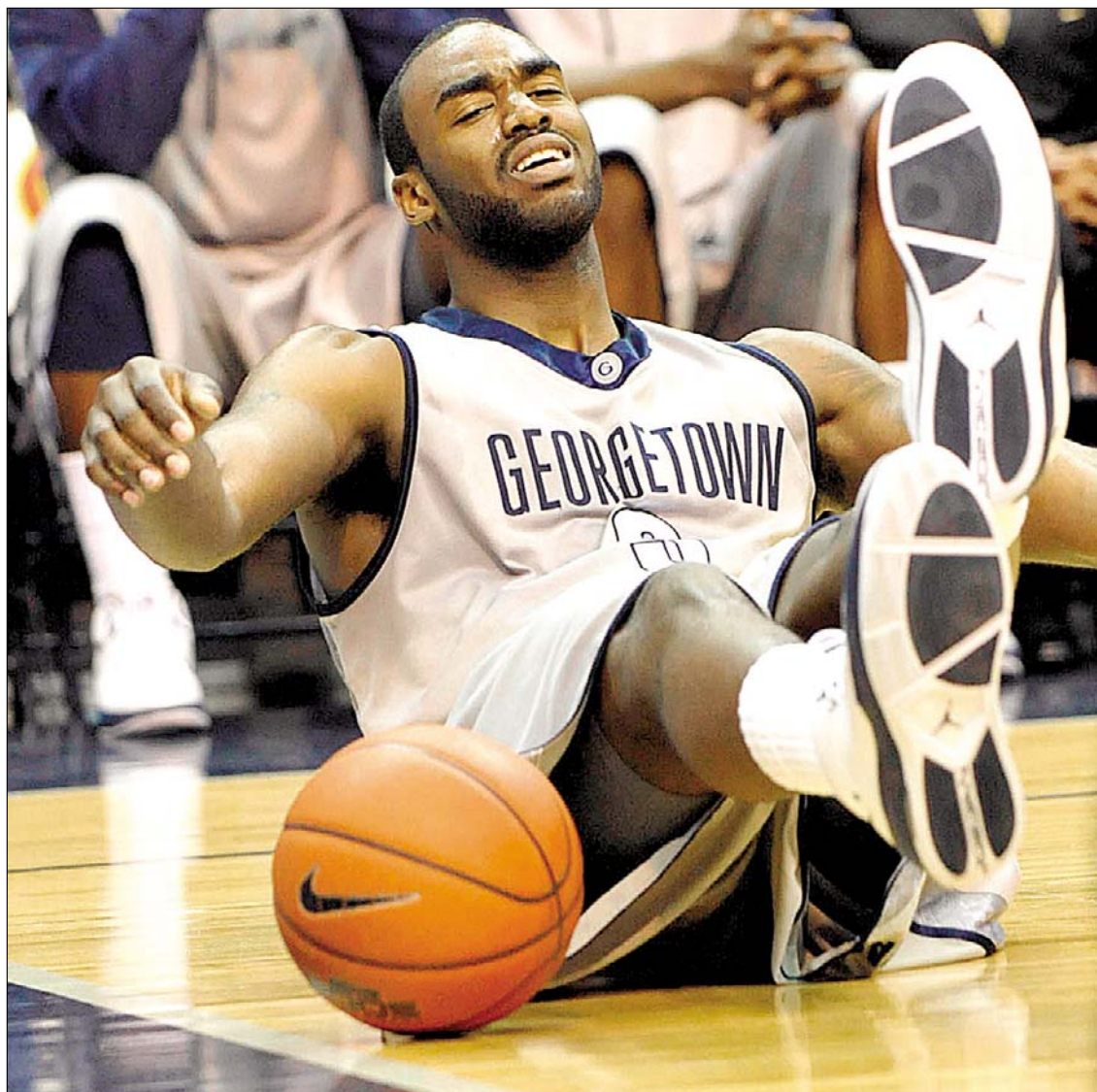
“Youth caught up to them,” theorized DePaul coach Jerry Wainwright after his Blue Demons lost 48-40 to the Hoyas in Saturday’s regular-season finale.

Georgetown’s refigured starting lineup includes no seniors — and three sophomores and likely Big East rookie of the year, freshman Greg Monroe.

Big wins over Memphis, Connecticut and Syracuse are distant memories for a group who never won more than two-straight games in league play.

If you listen to the team, though, so are all those disappointing losses, including last week’s overtime defeat at St. John’s — Georgetown’s (16-13, 7-11) opponent on Tuesday at Madison Square Garden.

“If we look at where we are, we



DOWNTURN: Junior DaJuan Summers helped lead Georgetown to consecutive regular-season titles in his first years with the Hoyas. This year, though, has been a different story. The Hoyas need five consecutive wins to reach the NCAA tournament.

Georgetown's long road | The Hoyas need five wins to reach the Big Dance

1st round Tuesday	2nd round Wednesday	Quarterfinals Thursday	Semifinals Friday	Championship Saturday
				
No. 13 St. John's Defeated Hoyas last week in N.Y.	No. 5 Marquette Has lost four- straight games.	No. 4 Villanova Hoyas won in Philly, 56-54.	No. 1 Louisville is the mostly likely opponent.	No. 2 Pittsburgh or No. 3 UConn may emerge here.

THE HOYAS FACE A BIGGER BIG EAST

16 TEAMS

will participate in this week's tourney for the first time since the league expanded in 2005. Previously, the top 12 made it.

12TH

The Hoyas' seed; they would have just made the field after reaching the final two straight years and winning it in 2007.

wish we had a few more wins in there, but it is what it is,” Thompson said when asked to evaluate part one of the season. “We can’t go into part two [the league tournament] worried about part one. We know what we have to do.”

MATT SWENSON (EXPRESS)

Swengali

COLLEGE HOOPS | BY MATT SWENSON

Bubble Bursts For Hoyas, Terps

A REPORTER ON Saturday lamented that Georgetown had blown a golden opportunity earlier last week by losing at St. John’s.

The reasoning: An 8-10 record in the Big East, the toughest schedule in the nation and a couple wins in the league tournament may have been enough to sneak into the NCAA tournament.

While that theory may be full of holes, we’ll never know for certain. The Hoyas haven’t lived up to the promise they showed in wins over Connecticut and Memphis, and continue to live down to the worst of their flaws. They have no place in the Big Dance. Be it karma or something far less mystical, the loss last week just cemented that.

Full of talent though it may be, Georgetown isn’t very good.

At this point in the year, a team’s identity is set. Full of talent though it may be, Georgetown isn’t very good.

Neither is Maryland, for that matter. At least the Terrapins’ regular-season finale mattered. Yet, for the second-straight year, a loss to Virginia in a must-win game seems to have sealed the squad’s fate.

Just like the Hoyas, the Terps own big wins — theirs coming against Michigan State and North Carolina. But if you look at the season as a whole, Maryland deserves to miss the NCAA tournament.

If either the Hoyas or Terps were what we had hoped they’d be, there would be no March sadness. But Georgetown wasn’t good enough to beat St. John’s, and Maryland couldn’t stand up to Virginia.

Maybe their paths will cross in the NIT, where they both belong.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

5

The number of players the Boston Celtics will be without during Wednesday's game against the Miami Heat. Rajon Rondo and Glen Davis both sprained their right ankles over the weekend.

Sports

Caps Seek Return to Form

Slumping Washington sees improvement as skid reaches 4 games

CAPITALS | Even though he refused to call Sunday's 4-3 defeat to the Pittsburgh Penguins an actual loss since it was decided by shootout, it got Washington Capitals coach Bruce Boudreau thinking that night about when he last suffered through a four-game losing streak.

It turns out this current skid is the first one during his tenure with the Caps, and he never endured a winless streak of this length during his successful stint at Hershey. In fact, it was five years ago — when Boudreau coached the AHL's Manchester Monarchs — that he last went this long between victories.

"It's been awhile, and I don't like it," he said. "The good news is I think we're getting better ... but until we win a couple in a row, you can't officially say we're out of our little funk."



Pens goalie Marc-Andre Fleury stops the Capitals' Alex Ovechkin on Sunday.

To reverse course after a rough home stand (3-5-1 record in last nine games at the Verizon Center), the Caps will take their somewhat struggling show on the road. Beginning with Tuesday's contest with Nashville, the Caps play seven of

their next eight games outside the District.

Even with their recent struggles at home, the Caps still have a gaudy 25-9-2 record at Verizon Center. Their great success, though,

"You can't officially say we're out of our little funk."

BRUCE BOUDREAU, CAPS COACH

may be what's holding them back of late. Boudreau has commented that some of his players have been stressing a bit too much and "holding our sticks really tight."

"We love playing in front of our fans, but at the same time we weren't performing," explained forward Eric Fehr. "We don't have to be quite as fancy on the road; we don't have to feel like we have to put on a show for the fans." MARK GIANNOTTO

10% OFF

with this ad

- Most Insurance Accepted
- New Patients Welcome



FREE **WHITENING** For Life! **align** **LUMINEERS** BY CERINATE

ROSSLYN DENTAL CENTER
703-807-0808
1800 N. Kent St. #100
Arlington, VA 22209
www.rosslyndentalcenter.com



EYE STREET DENTAL CENTER
202-223-3536
1712 Eye St. #812
Washington, DC 20006
www.eyestreetdentalcenter.com



The Volgenau School of Information Technology and Engineering

TechAdvance

LEARN GROW ADVANCE

Experienced trainers with industry experience

Hands-on training

Daytime, evening and weekend classes

Continuing education units awarded

Payment plan available

Courses meet DoD 8570.01 requirements

Professional Development Programs

CISSP Fast Track	Mar 23
MCSE Windows 2003	Mar 24
Certified Hacking Forensic Investigator	Mar 28
Information Technology Foundation (A+, Network+, MCP, CCNA, Security+)	Mar 28
Web Design and Developer	Apr 04
IPv6 Fundamentals	Apr 20
Sun Certified Java Programmer	Apr 25
Advanced Web Developer with ASP.Net	May 05
Oracle 11g Database Administration	May 11

For complete outline and schedule, visit our website at <http://ite.gmu.edu/techadvance>
Arlington, Herndon, and Loudoun

703-842-7404 advance@gmu.edu

BOTOX \$199

Guaranteed Results



Laser Hair Removal Upper Lip/Chin \$45
Restylane \$350
Threadlift
Radiesse & Sculptura
All procedures performed by a Physician

202.452.1332 24th and I St., Foggy Bottom Metro
703.533.1025 Tyson's Corner
703.465.0666 Alexandria
301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore

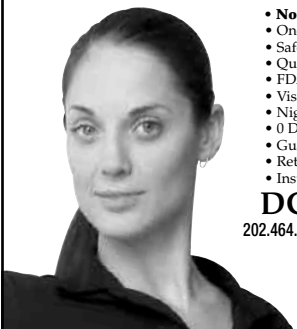


www.vitasurgical.com

\$299/Eye Any Prescription Lasik!

CUSTOMIZED LASIK*

20/20 Guaranteed or Money Back*



- No Incision/Cut and No Flap Lasik
- One Eye or Both Eyes At A Time
- Safe & Comfortable
- Quick & Immediate Recovery
- FDA Approved
- Visx & Bausch & Lomb Lasers
- Night and Weekend Hour Available
- 0 Down 0 Interest 100% financing
- Guaranteed Financing with Down Payment
- Return to Work Next Day
- Insurance

DC EYE SURGEONS

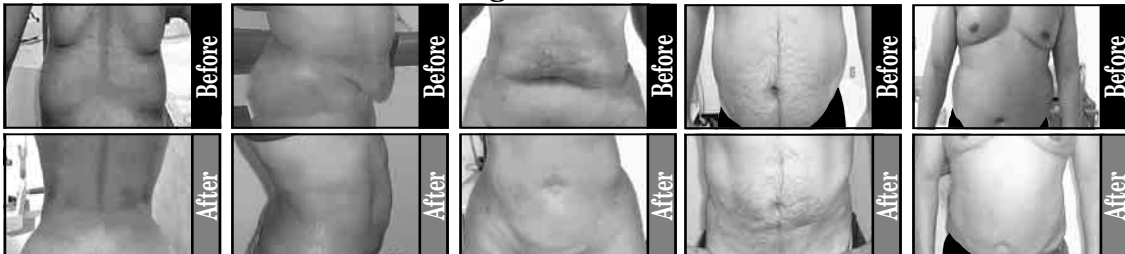
202.464.5216 • 24th and I St., Foggy Bottom Metro
301.738.0339 • BETHESDA
703.533.0025 • TYSON'S CORNER
703.465.0090 • ALEXANDRIA
410.730.2215 • COLUMBIA/BALTIMORE
www.anyrxlasik.com

DC EYE SURGEONS

LIPOSUCTION

Unwanted Fat Removed Permanently!

0 Down 0 Interest 100% Financing • IMAGINE WHAT WE CAN DO FOR YOU!



Free Diet Management & B12 Shots • Comfortable & Quick Recovery • Lipotecture for Neck & Legs • Mini-Liposuction for Chin, Arms, Abs, Inner Thighs, Knees, Saddle Bags & Lovehandles • Mega-Liposuction for Abdomen, Lovehandles, Thighs & Buttocks • Local Anesthesia or I.V. Sedation or General

202.452.1332 24th & I St., NW (Foggy Bottom Metro)
703.533.1025 Tyson's Corner
703.465.0666 Alexandria
www.vitasurgical.com

301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore
Gift Certificates

DC • FAIRFAX • TYSONS CORNER • ALEXANDRIA • COLUMBIA • BALTIMORE

- ✓ Neighborhoods
- ✓ Culture
- ✓ Convenience
- ✓ Art
- ✓ Schools
- ✓ Faith
- ✓ Parks
- ✓ Museums
- ✓ Nightlife
- ✓ Festivals
- ✓ Careers
- ✓ History
- ✓ Shopping
- ✓ Music
- ✓ Restaurants
- ✓ Community
- ✓ Fitness

BALTIMORE CITY, we have that.



Visit: www.livebaltimore.com

Are you overweight?

Researchers at the NIH invite you to participate in a study to evaluate the effects of an appetite suppressant medication.

Who: Healthy non-smoking women without asthma or diabetes, not currently pregnant or breast feeding
Where: NIH Clinical Center in Bethesda

Compensation will be provided

1-800-411-1222

Se habla español

TTY: 1-866-411-1010

www.clinicaltrials.gov

Type: "betahistine"

Study #: 07-CH-0126



Department of Health and Human Services
National Institutes of Health



Know Someone Who's Been Depressed in The Past?



If you or someone you know has been depressed in the past, the NIMH is looking for volunteers to help better understand the causes of depression. The research studies are conducted at the NIH Clinical Center in Bethesda, Maryland.

Patients should be:

- Ages 18-50
- Not currently depressed
- Not currently taking psychiatric medication
- Otherwise medically healthy



The study includes medical and psychiatric evaluations. Financial compensation and transportation reimbursement provided.

Call: 301-594-3186

(TTY: 1-866-411-1010)

http://patientinfo.nimh.nih.gov
or for other studies: www.clinicaltrials.gov



The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services



04-M-0160/04-M-0002

trend-spotter

Styles. Every Friday

express

XX440 3x1.5

Sports



South Korean first baseman Kim Tae-kyun, right, is tagged out by Japanese shortstop Hiroyuki Nakajima at third base during a pickoff play in the fourth inning.

South Korea Tops Japan in Tourney

World Baseball Classic defending champion falls in pool play, 1-0

WORLD BASEBALL CLASSIC | Kim Tae-kyun drove in the only run Monday to help South Korea beat defending champion Japan, 1-0, and finish first in Pool A of the World Baseball Classic.

Both teams had already advanced to the second round, and Monday's game was meant to determine the seedings. Japan will face the Pool B winner in the second round; South Korea takes on the Pool B runner-up in its first game March 15.

Japan beat South Korea 14-2

Saturday but couldn't come up with timely hits after Kim gave his team a 1-0 lead in the fourth inning on a grounder down the third base line, scoring Lee Jong-wook from second.

"Japan beat us in the first game, so it was nice to come back and get the win in this game," Kim said. "Japan's pitchers have a tendency to pitch inside. I just kept that in mind and was pleased to get a big hit."

South Korea starter Bong Jung-keun held Japan to three hits over 5 1/3 scoreless innings to pick up the win. Japan starter Hisashi Iwakuma, a 21-game winner last season for the Rakuten Eagles, gave up one run on two hits over 5 1/3 innings and took the loss. (AP)

TODAY'S TV LINEUP

CAPITALS (8 P.M. ON CSN) The Capitals carry a four-game losing streak into a road trip that begins at Nashville.

ORIOLES (1 P.M. ON MASN) The O's face the Red Sox in the Grapefruit League.

BASEBALL (5 P.M. ON ESPN2) Venezuela will play either Canada or Italy in the World Baseball Classic in Toronto.

MEN'S COLLEGE HOOPS (8 P.M. AND 10 P.M. ON ESPN2, 9 P.M. ON ESPN) The Summit League and Sun Belt Conference champion-

ships; Butler faces Cleveland State in the Horizon League final.

WOMEN'S COLLEGE HOOPS (7 P.M. ON ESPN) The Big East championship.

SOCCER (3:30 P.M. ON ESPN, 6 P.M. ON ESPN CLASSIC) Liverpool hosts Real Madrid, and Chelsea visits Juventus in the Champions League's first knockout round.

MORE NHL (7 P.M. ON VERSUS) The Philadelphia Flyers host the Buffalo Sabres.



HIDDEN AFFAIR: A forthcoming movie starring Hugh Grant and Sarah Jessica Parker has been given a title. The romantic comedy about a couple who enter the witness protection program will be called "Did You Hear About the Morgans?"

Entertainment

Re: Packaging

Jesse McCartney releases a bonus edition to lure fans

POP | Jesse McCartney's latest single poses the question, "How Do You Sleep?" Given the singer-songwriter's busy schedule, it would seem he isn't getting much of that these days.

Having recently filmed a five-episode arc on ABC Family's "Greek," the artist is crisscrossing the country on a major-market club tour. On April 7, a bonus edition of McCartney's 2008 album, "Departure," will be released.

Sporting a new cover and different artwork, "Departure: Recharged" also includes four new tracks co-written by McCartney: "Body Language," "Oxygen," "In My Veins" and "Crash and Burn." Selling for the same \$18.98 price as its predecessor, the 16-track bonus edition is racking up strong pre-release buzz, thanks to the "How Do You Sleep?" remix featuring Ludacris. The track advances this week 22-21 on the Mainstream Top 40 chart and 39-37 on the Billboard Hot 100.

Marking McCartney's first foray into contemporary R&B, the original "Departure" sported production by such R&B/pop hit heavyweights as Christopher "Tricky"



BABY-SMOOTH: Clean-shaven McCartney channels a younger Michael Buble.

Stewart, Terius "the-Dream" Nash and Sean Garrett. Although the album spun off McCartney's first Top-10 hit, "Leavin'" (which has sold 1.6 million downloads, according to Nielsen SoundScan), the album didn't fare as well. To date, it has sold only 175,000 units.

The album spun off McCartney's first Top-10 hit, "Leavin'."

"Despite the single's success, the album hasn't sold the way it should," says Ken Bunt, senior vice president of marketing at Hollywood Records. "But in finding his groove with this album, Jesse has continued writing and recording new songs. So, we thought it would be a good time to reissue the album, especially since the remix is rolling the way we'd hoped."

Two versions of the video for "Sleep" are being released — one is a live version culled from McCartney's radio performances dating back to last December. The second premiered worldwide March 3 on MySpace for a three-day exclusive.

McCartney kicked off his club tour Feb. 13 in Dallas with pop/soul newcomer Anjulie. While on the road, he has been providing fans with short travelogue clips on Kyte.tv. The singer wraps the tour March 9 at Los Angeles' House of Blues.

GAIL MITCHELL (BILLBOARD)



LAB BRAT: At 26, Matt Smith is the youngest actor yet to tackle Dr. Who.

The New Dr. Who Is Here

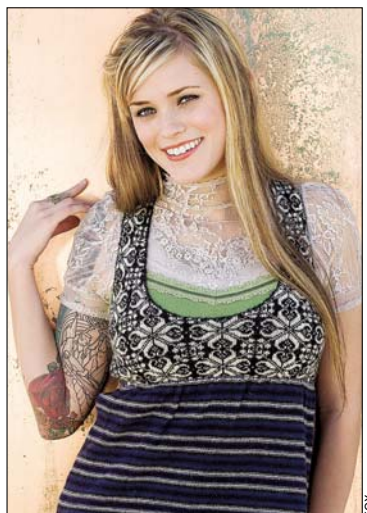
The popular U.K. series announces its 11th leading man

TELLY | With more than 750 episodes aired, "Doctor Who" holds the record for the "longest-running science-fiction show," according to Guinness World Records. The character never has been more popular in his native England or in the U.S. than in the past few years.

But that's part of the problem confronting the show: David Tennant, the 10th actor to occupy the role of the time traveler, has moved on, and some fans are grieving. Tennant will be replaced by Matt Smith, an unknown actor and, at age 26, the youngest to be trusted with the Doctor's time machine.

Through the years, the Doctor has changed far more in basic appearance than other pop-culture characters such as James Bond. The reason is an ingenious plot mechanism: The Doctor has the power to regenerate as a new person, which spares him from the mundane problem of human mortality and gives writers the periodic opportunity to reimagine their hero.

"That's the beauty of the series," said James Madison, a longtime fan. "Change is a part of it." MICHELLE CASTILLO (LOS ANGELES TIMES)



Tattooed folkie Megan Joy Corkrey's known for an odd kind of booty-shakin'.

'Idol's' Queen of Quirk

Megan Joy Corkrey's lilting voice, wiggling rump draw a crowd

CHARACTERS | Last Thursday's "American Idol" wild-card show brought a blast of fresh oxygen to the hopes of Megan Joy Corkrey, the hippie gal who brings a gleam to the eye of judge Simon Cowell.

Corkrey was booted during the second week of top-36 performances, after her rendition of Corinne

Bailey Ray's "Put Your Records On" failed to catch fire with fans.

On Thursday, Corkrey was among the group returned to the stage by Cowell and his three fellow judges. Corkrey made it to the next round after she sang "Black Horse & the Cherry Tree" by KT Tunstall, a song that more adroitly showed off her unusual sound.

Also a bit weird: Corkrey's trademark Donald-Duckish dance move, in which she puts her hands on her hips and wriggles her behind. It's

express nightout

Get recaps of past "Idol" shows anytime and reviews of this week's performances by Megan Joy Corkrey and her cohorts on Wednesday and Thursday. **ONLINE NOW**
EXPRESSNIGHTOUT.COM/IDOL

strange to see from a grown woman, but it adds to her offbeat charm. See for yourself when "Idol" airs at 8 tonight on FOX. GREG BARBER (EXPRESS)

GW SCHOOL OF BUSINESS
WASHINGTON, DC, ARLINGTON AND ASHBURN, VA

MASTER OF SCIENCE IN INFORMATION SYSTEMS TECHNOLOGY

Offer more to potential employers! Blend the business strategies of today's IT leaders with the technology of top developers to be a strong competitor in a challenging job market.



GW offers you more! Flexible schedules and locations help you complete your M.S. while continuing to be a full-time, in-demand professional!

*EMIS & MIS tracks only

Information Sessions

Wednesday, March 11, 6:30 pm

Virginia Campus • 44983 Knoll Square • Ashburn, VA 20147

Tuesday, March 24, 6:30 pm

Duquès Hall • 2201 G Street, NW, Room 420 • Washington, DC 20052

703.726.8330

msist@gwu.edu • www.msist.gwu.edu

*Apply now for Summer or Fall 2009.
Classes begin in May and September.*

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

BRING US YOUR
AMBITION.

www.gwu.edu/gradinfo

THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY/
AFFIRMATIVE ACTION INSTITUTION CERTIFIED TO OPERATE IN VA BY SCHEV.



He'll haul in your late model pickup.

Sell your car, truck or SUV
in Express.

Place your Classified ad
today. **202-334-6200.**

express

A Publication of the The Washington Post

expressnightout.com

Classified ads appear in Express
and The Washington Post.

X437e 1x4

MILITARY MATTERS

SHIP'S HATCH

1677 Crystal Square Arcade, Arlington VA 22202 • 703-413-6289 • www.shipshatch.com

- Retirement & promotion gifts
- flag cases • pen sets
- ships clocks • barometers
- ships bells & wheels
- military ball caps • nautical gifts
- decorations • tables • etc.

Are you between the ages of 18 to 85?



If so, **SNBL Clinical Pharmacology Center**
in downtown Baltimore is conducting a
clinical research study.

Qualified Participants Must:

- Be a healthy male or female ages 18 to 85
- Be able to attend outpatient visits over a 12 to 24 month period

FOR QUALIFIED PARTICIPANTS:

All office visits and study-related medical evaluations will be provided at no cost and payment for time and travel is provided.

Contact our recruiting department now at
410-706-8833 or 1-866-706-8833

or email recruiter@snbl-cpc.com | Visit our website at www.snbl-cpc.com

amc

Experience The Difference.

Advanced Ticketing
at amctheatres.com
or 1 (888) AMC-4FUN.

A.M.Cinema - All seats \$4, \$5, or \$6, Digital 3D \$7 or \$8, IMAX \$9, before noon on Fri., Sat., Sun., & holiday periods - denoted by ()
AMC Select - Special films for select tastes.

AMC HOFFMAN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria

IMAX WATCHMEN: THE IMAX EXPERIENCE (R)
2:30, 6:15, 10:00

DIGITAL 3D
JONAS BROTHERS: THE 3D CONCERT EXPERIENCE (G) 1:15, 3:30, 5:45, 8:00, 10:15

WATCHMEN (R) 1:45, 3:15, 4:00, 5:30, 7:00, 7:45, 9:15
STREET FIGHTER: THE LEGEND OF CHUN-LI (PG13) 1:35, 4:15, 6:45, 9:20

FIRE UP (PG13) 2:55, 7:40

TYLER PERRY'S MADEA GOES TO JAIL (PG13) 1:00, 2:35, 3:45, 5:15, 6:30, 7:15, 8:15, 9:30, 10:00

CONFESSIONS OF A SHOPAHOLIC (PG) 2:00, 4:30, 7:10, 9:50

FRIDAY THE 13TH (2009) (R) 2:45, 5:20, 8:05

THE INTERNATIONAL (R) 1:05, 4:05, 6:50, 9:40

THE INTERNATIONAL (R) 1:05, 4:05, 6:50, 9:40

CORALINE (PG) 3:35, 6:20 *3D NOT AVAILABLE FOR THESE SHOWTIMES*

HE'S JUST NOT THAT INTO YOU (PG13) 1:30, 4:35, 7:50

THE PINK PANTHER 2 (PG) 1:50, 4:25

PUSH (PG13) 1:40, 4:20, 7:05, 9:45

TAKEN (PG13) 2:40, 5:05, 7:35, 10:05

UNDERWORLD: RISE OF THE LYCANS (R) 7:25, 9:55

HOTEL FOR DOGS (PG) 2:10, 4:40

PAUL BLART: MALL COP (PG) 3:05, 5:35, 7:55, 10:15

THE CURIOUS CASE OF BENJAMIN BUTTON (PG13) 9:00 PM

AMC SELECT

ECHELON CONSPIRACY (PG13) 5:10, 10:10

SLUMDOG MILLIONAIRE (R) 1:10, 4:10, 7:05, 10:05

GRAN TORINO (R) 1:55

THE READER (R) 3:00, 6:10, 9:05

AMC COLUMBIA MALL 14

10300 Patuxent Parkway

IMAX WATCHMEN: THE IMAX EXPERIENCE (R)
12:00, 3:30, 7:00

DIGITAL 3D
JONAS BROTHERS: THE 3D CONCERT EXPERIENCE (G) 2:45, 5:00, 7:15, 9:30

WATCHMEN (R) 12:30, 2:20, 4:10, 6:00, 7:45, 9:45

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG13) 12:35, 3:10, 5:40, 8:20

FIRE UP (PG13) 12:55, 3:25, 5:45, 8:15, 10:25

TYLER PERRY'S MADEA GOES TO JAIL (PG13) 2:10, 4:50, 5:25, 7:30, 8:15, 10:00

CONFESSIONS OF A SHOPAHOLIC (PG) 1:45, 4:30, 7:05, 9:40

CORALINE (PG) 1:10, 3:50, 6:35, 9:00

3D NOT AVAILABLE FOR THESE SHOWTIMES

HE'S JUST NOT THAT INTO YOU (PG13) 1:20, 4:20, 7:20, 10:20

THE PINK PANTHER 2 (PG) 12:40, 3:00

TAKEN (PG13) 1:00, 3:20, 5:50, 8:10, 10:35

PAUL BLART: MALL COP (PG) 12:20, 2:50, 5:20, 7:50, 10:15

AMC SELECT

SLUMDOG MILLIONAIRE (R) 1:15, 4:05, 7:15, 10:10

LOEWS GEORGETOWN 14

3111 K Street, N.W.

DIGITAL 3D
JONAS BROTHERS: THE 3D CONCERT EXPERIENCE (G) 12:45, 3:00, 5:15, 7:30, 9:45

WATCHMEN (R) 1:00, 2:00, 3:00, 4:45, 5:45, 6:45, 8:30, 9:30, 10:10

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG13) 1:55, 4:30, 10:25

TYLER PERRY'S MADEA GOES TO JAIL (PG13) 2:50, 5:20, 7:55, 10:20

CONFESSIONS OF A SHOPAHOLIC (PG) 2:05, 4:40, 7:20, 10:05

THE INTERNATIONAL (R) 1:40, 4:35, 7:25, 10:20

CORALINE (PG) 1:30, 3:30, 5:30, 7:30, 9:30

3D NOT AVAILABLE FOR THESE SHOWTIMES

HE'S JUST NOT THAT INTO YOU (PG13) 1:45, 4:45, 7:45, 10:30

TAKEN (PG13) 1:05, 3:25, 5:50, 8:15, 10:30

THE PINK PANTHER 2 (PG) 1:05, 3:25, 5:50, 8:15, 10:30

PAUL BLART: MALL COP (PG) 12:20, 2:50, 5:20, 7:50, 10:15

AMC SELECT

SLUMDOG MILLIONAIRE (R) 1:15, 4:05, 7:15, 10:10

THE WRESTLER (R) 1:20, 4:05, 6:50, 9:35

THE READER (R) 1:15, 4:10, 7:05, 10:00

AMC COLUMBIA MALL 14

10300 Patuxent Parkway

IMAX WATCHMEN: THE IMAX EXPERIENCE (R)
12:00, 3:30, 7:00

DIGITAL 3D
JONAS BROTHERS: THE 3D CONCERT EXPERIENCE (G) 2:45, 5:00, 7:15, 9:30

WATCHMEN (R) 12:30, 2:20, 4:10, 6:00, 7:45, 9:45

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG13) 12:35, 3:10, 5:40, 8:20

FIRE UP (PG13) 12:55, 3:25, 5:45, 8:15, 10:25

TYLER PERRY'S MADEA GOES TO JAIL (PG13) 2:10, 4:50, 5:25, 7:30, 8:15, 10:00

CONFESSIONS OF A SHOPAHOLIC (PG) 1:45, 4:30, 7:05, 9:40

CORALINE (PG) 1:10, 3:50, 6:35, 9:00

3D NOT AVAILABLE FOR THESE SHOWTIMES

HE'S JUST NOT THAT INTO YOU (PG13) 1:20, 4:20, 7:20, 10:20

THE PINK PANTHER 2 (PG) 12:40, 3:00

TAKEN (PG13) 1:00, 3:20, 5:50, 8:10, 10:35

PAUL BLART: MALL COP (PG) 12:20, 2:50, 5:20, 7:50, 10:15

AMC SELECT

SLUMDOG MILLIONAIRE (R) 1:15, 4:05, 7:15, 10:10

LOEWS GEORGETOWN 14

3111 K Street, N.W.

DIGITAL 3D
JONAS BROTHERS: THE 3D CONCERT EXPERIENCE (G) 12:45, 3:00, 5:15, 7:30, 9:45

WATCHMEN (R) 1:00, 2:00, 3:00, 4:45, 5:45, 6:45, 8:30, 9:30, 10:10

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG13) 1:55, 4:30, 10:25

TYLER PERRY'S MADEA GOES TO JAIL (PG13) 2:50, 5:20, 7:55, 10:20

CONFESSIONS OF A SHOPAHOLIC (PG) 2:05, 4:40, 7:20, 10:05

THE INTERNATIONAL (R) 1:40, 4:35, 7:25, 10:20

CORALINE (PG) 1:30, 3:30, 5:30, 7:30, 9:30

3D NOT AVAILABLE FOR THESE SHOWTIMES

HE'S JUST NOT THAT INTO YOU (PG13) 1:45, 4:45, 7:45, 10:30

TAKEN (PG13) 1:05, 3:25, 5:50, 8:15, 10:30

THE PINK PANTHER 2 (PG) 1:05, 3:25, 5:50, 8:15, 10:30

PAUL BLART: MALL COP (PG) 12:20, 2:50, 5:20, 7:50, 10:15

AMC SELECT

SLUMDOG MILLIONAIRE (R) 1:15, 4:05, 7:15, 10:10

THE WRESTLER (R) 1:20, 4:05, 6:50, 9:35

THE READER (R) 1:15, 4:10, 7:05, 10:00

AMC COLUMBIA MALL 14

10300 Patuxent Parkway

IMAX WATCHMEN: THE IMAX EXPERIENCE (R)
12:00, 3:30, 7:00

DIGITAL 3D
JONAS BROTHERS: THE 3D CONCERT EXPERIENCE (G) 2:45, 5:00, 7:15, 9:30

WATCHMEN (R) 12:30, 2:20, 4:10, 6:00, 7:45, 9:45

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG13) 12:35, 3:10, 5:40, 8:20

FIRE UP (PG13) 12:55, 3:25, 5:45, 8:15, 10:25

TYLER PERRY'S MADEA GOES TO JAIL (PG13) 2:10, 4:50, 5:25, 7:30, 8:15, 10:00

CONFESSIONS OF A SHOPAHOLIC (PG) 1:45, 4:30, 7:05, 9:40

CORALINE (PG) 1:10, 3:50, 6:35, 9:00

3D NOT AVAILABLE FOR THESE SHOWTIMES

HE'S JUST NOT THAT INTO YOU (PG13) 1:20, 4:20, 7:20, 10:20

THE PINK PANTHER 2 (PG) 12:40, 3:00

TAKEN (PG13) 1:00, 3:20, 5:50, 8:10, 10:35

PAUL BLART: MALL COP (PG) 12:20, 2:50, 5:20, 7:50, 10:15

AMC SELECT

SLUMDOG MILLIONAIRE (R) 1:15, 4:05, 7:15, 10:10

LOEWS GEORGETOWN 14

3111 K Street, N.W.

DIGITAL 3D
JONAS BROTHERS: THE 3D CONCERT EXPERIENCE (G) 12:45, 3:00, 5:15, 7:30, 9:45

WATCHMEN (R) 1:00, 2:00, 3:00, 4:45, 5:45, 6:45, 8:30, 9:30, 10:10

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG13) 1:55, 4:30, 10:25

TYLER PERRY'S MADEA GOES TO JAIL (PG13) 2:50, 5:20, 7:55, 10:20

CONFESSIONS OF A SHOPAHOLIC (PG) 2:05, 4:40, 7:20, 10:05

THE INTERNATIONAL (R) 1:40, 4:35, 7:25, 10:20

CORALINE (PG) 1:30, 3:30, 5:30, 7:30, 9:30

3D NOT AVAILABLE FOR THESE SHOWTIMES

HE'S JUST NOT THAT INTO YOU (PG13) 1:45, 4:45, 7:45, 10:30

TAKEN (PG13) 1:05, 3:25, 5:50, 8:15, 10:30

THE PINK PANTHER 2 (PG) 1:05, 3:25, 5:50, 8:15, 10:30

PAUL BLART: MALL COP (PG) 12:20, 2:50, 5:20, 7:50, 10:15

AMC SELECT

SLUMDOG MILLIONAIRE (R) 1:15, 4:05, 7:15, 10:10

THE WRESTLER (R) 1:20, 4:05, 6:50, 9:35

THE READER (R) 1:15, 4:10, 7:05, 10:00

AMC COLUMBIA MALL 14

10300 Patuxent Parkway

IMAX WATCHMEN



AROUND THE WORLD: U2 is hitting the road. The band announced that it will play multiple dates in Europe over the summer and then head to North America in the fall. The first stop on that leg of the tour is scheduled for Sept. 12 in Chicago.

Entertainment

Peyroux's Something Borrowed

A jazz singer channels Billie Holiday for an ear-pleasing result

MUSIC | I first heard Madeleine Peyroux in a tiny restaurant in rural Maine; upon asking one of the staff who it was on the stereo, I was met with this response: "It's either Billie Holiday ... or it's that woman who sounds just like Billie Holiday."

That comparison still holds true — and, hopefully, always will. Not because Peyroux always hits her mark — she certainly doesn't — but because it would be a shame for her to abandon a niche that works so

well with her voice. "Instead," the opening track of Peyroux's new CD, "Bare Bones" (Rounder), is especially captivating, with her lilting voice channeling an old-timey jazz-lounge singer.

The song is classic Peyroux in style, and yet "Bare Bones" is not a completely typical Peyroux album.

Instead of devoting herself to her usual task of song reinterpretation, Peyroux has songwriting credits on every track here. Even with an experienced team of co-writers, she still has her share of cringe-worthy lyrics ("My heart is like a hand-me-down made soft by older brothers" on "Damn the Cir-



SOMETHING NEW: Peyroux's "Bare Bones" includes many original compositions.

cumstances"), but that's not too surprising for an album that contains more originals than her previous three releases combined.

It's an interesting choice for her to change course more than a decade into her career — but "Bones" as an album is no more or less successful than her previous works. The difference, though, is that these songs succeed or fail based on their own sound, not in comparison to an original recording.

Not every song here rises above the merely pleasant, but Peyroux does unveil a few standouts. "River of Tears" is a stunning breakup song. The folksy "Somethin' Grand" shows more vocal range than Peyroux typically does, while the haunting "Love and Treachery" is a perfect match for her smoky voice.

CATHERINE LEWIS

REGAL GROUP

ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#

Adv. Tix on Sale RACE TO WITCH MOUNTAIN

Adv. Tix on Sale DUPLICITY

WATCHMEN (R) - ID REQ'D ★ (1115 1200 1245 130 245 330 415 500) 615 700 745 830 945 1030

JONAS BROTHERS CONCERT 3D - SPECIAL EVENT PRICING (G) ★ 1145 200 430 645 900

SLUMDOG MILLIONAIRE (R) - ID REQ'D (1215 315) 630 930

TYLER PERRY'S: MADEA GOES TO JAIL (PG-13) (1130 200 440) 730 1000

TAKEN (PG-13) (250 PM 515 PM) 800 PM

OC & DA: TAKEN (PG-13) (1225 PM) 1020 PM

CORALINE (PG) (1230 320) 600 845

HE'S JUST NOT THAT INTO YOU (PG-13) (100 400) 710 1010

PAUL BLART MALL COP (PG) (1100 115 345) 600 815 1045

THE PINK PANTHER 2 (PG) (1120 145 405) 640

FIRE UP (PG-13) (230 445) 720 935

THE INTERNATIONAL (R) - ID REQ'D (1140 AM)

CONFESSIONS OF A SHOPAHOLIC (PG) 915 PM

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale RACE TO WITCH MOUNTAIN

Adv. Tix on Sale DUPLICITY

WATCHMEN (R) - ID REQ'D ★ (1230 100 230 330 400 430) 600 700 730 800 930 1030

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) (240 500) 740 1040

SLUMDOG MILLIONAIRE (R) - ID REQ'D (130 420) 715 1000

FIRE UP (PG-13) (220 450) 750 1020

TYLER PERRY'S: MADEA GOES TO JAIL (PG-13) (200 445) 745 1015

CONFESSIONS OF A SHOPAHOLIC (PG) (210 440) 720 1010

CORALINE (PG) (140 410) 640 915

THE PINK PANTHER 2 (PG) (150 415) 630 900

HE'S JUST NOT THAT INTO YOU (PG-13) (1250 350) 650 940

TAKEN (PG-13) (215 PM) 815 PM

OC & DA: TAKEN (PG-13) (510 PM) 1045 PM

PAUL BLART MALL COP (PG) (120 345) 645 945

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale RACE TO WITCH MOUNTAIN

Adv. Tix on Sale DUPLICITY

WATCHMEN (R) - ID REQ'D ★ (1230 100 300 330 400 430) 630 700 730 800 1000 1030

TYLER PERRY'S: MADEA GOES TO JAIL (PG-13) (140 245 415 515) 645 745 915 1015

THE INTERNATIONAL (R) - ID REQ'D (130 500) 750 1035

CONFESSIONS OF A SHOPAHOLIC (PG) (155 PM) 640 PM

CORALINE (PG) (145 410) 650 920

THE PINK PANTHER 2 (PG) (425 PM) 930 PM

HE'S JUST NOT THAT INTO YOU (PG-13) (1235 340) 710 1005

TAKEN (PG-13) (1250 310 530) 815 1040

OC & DA: SLUMDOG MILLIONAIRE (R) - ID REQ'D (245 PM) 1010 PM

PAUL BLART MALL COP (PG) (150 405) 625 900

THE READER (R) - ID REQ'D (115 445) 740 1025

OC & DA: SLUMDOG MILLIONAIRE (R) - ID REQ'D (1240 PM) 715 PM

SLUMDOG MILLIONAIRE (R) - ID REQ'D (245 PM) 1010 PM

MAJESTIC STADIUM 20

900 Ellsworth Dr. Silver Spring, MD 240-393-4826

Adv. Tix on Sale RACE TO WITCH MOUNTAIN

Adv. Tix on Sale DUPLICITY

WATCHMEN (R) - ID REQ'D ★ (1200 1230 1260 1300 330 400 445) 630 700 730 810 1000 1030

RW & DA: WATCHMEN (R) - ID REQ'D ★ (230 PM) 600 PM 930 PM

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) (1220 245 505) 750 1025

JONAS BROTHERS CONCERT 3D - SPECIAL EVENT PRICING (G) ★ (100 255 500) 710 910

TYLER PERRY'S: MADEA GOES TO JAIL (PG-13) (1215 135 250 420 530) 645 815 920 1055

FIRE UP (PG-13) (1040 PM)

FRIDAY THE 13TH (R) - ID REQ'D 830 PM 1045 PM

CONFESSIONS OF A SHOPAHOLIC (PG) (1210 235 455) 725 1005

PUSH (PG-13) (1035 PM)

CORALINE (PG) (1150 215 440) 720 945

THE PINK PANTHER 2 (PG) (1240 PM 305 PM 520 PM)

HE'S JUST NOT THAT INTO YOU (PG-13) (110 415) 715 1010

TAKEN (PG-13) (125 340) 610 825 1050

PAUL BLART MALL COP (PG) (1245 345) 615 835

HOTEL FOR DOGS (PG) (1155 240 515) 740

THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13) (1205 PM 335 PM) 705 PM

THE WRESTLER (R) - ID REQ'D (140 410) 640 915

GRAN TORINO (R) - ID REQ'D (1135 210 450) 735 1020

THE READER (R) - ID REQ'D (105 405) 650 940

ROYALE STADIUM 14

8505 America Blvd. Hyattsville, MD 301-864-3456

Adv. Tix on Sale RACE TO WITCH MOUNTAIN

Adv. Tix on Sale DUPLICITY

RW & DA: WATCHMEN (R) - ID REQ'D ★ (1200 330) 700 1030

WATCHMEN (R) - ID REQ'D ★ (1230 100 130 400 430 500) 730 800 830

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) (1220 315 535) 805 1025

TYLER PERRY'S: MADEA GOES TO JAIL (PG-13) (1215 1245 300 345 530) 715 755 945 1020

FRIDAY THE 13TH (R) - ID REQ'D (1240 350) 720 935

CONFESSIONS OF A SHOPAHOLIC (PG) (1250 340) 655 930

PUSH (PG-13) (1210 310) 705 940

CORALINE (PG) (1255 355) 725 1005

HE'S JUST NOT THAT INTO YOU (PG-13) (1225 320) 710 1000

TAKEN (PG-13) (1205 305 520) 735 950

SLUMDOG MILLIONAIRE (R) - ID REQ'D (1235 335) 740 1035

BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale RACE TO WITCH MOUNTAIN

Adv. Tix on Sale DUPLICITY

WATCHMEN (R) - ID REQ'D ★ (100 300 330 430) 630 700 800 1000 1030

THE INTERNATIONAL (R) - ID REQ'D (110 415) 710 955

CONFESSIONS OF A SHOPAHOLIC (PG) (140 410) 640 915

THE PINK PANTHER 2 (PG) (1230 245 500) 720 940

HE'S JUST NOT THAT INTO YOU (PG-13) (1240 300 520) 750 1010

TAKEN (PG-13) (100 400) 700 1000

DEFIANCE (R) - ID REQ'D (210 430) 650 910

LAST CHANCE HARVEY (PG-13) (210 430) 650 910

WATCHMEN (R) - ID REQ'D ★ (1145 130 230 315 500) 600 645 830 930 1015

OC & DA: TAKEN (PG-13) (130 PM 435 PM) 750 PM

TAKEN (PG-13) (510 PM) 1010 PM

PAUL BLART MALL COP (PG) (1210 PM 240 PM) 740 PM

GRAN TORINO (R) - ID REQ'D (100 330) 610 840

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) (110 PM 400 PM) 715 PM

JONAS BROTHERS CONCERT 3D - SPECIAL EVENT PRICING (G) ★ 1215 215 420 630 845

FRIDAY THE 13TH (R) - ID REQ'D (320 PM) 620 PM 930 PM

CONFESSIONS OF A SHOPAHOLIC (PG) (200 505) 745 1030

CORALINE (PG) (150 430) 710 950

HE'S JUST NOT THAT INTO YOU (PG-13) (130 PM 435 PM) 750 PM

OC & DA: TAKEN (PG-13) (510 PM) 1010 PM

TAKEN (PG-13) (1210 PM 240 PM) 740 PM

PAUL BLART MALL COP (PG) (100 330) 610 840

GRAN TORINO (R) - ID REQ'D (110 PM 400 PM) 715 PM

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) (140 410) 650 920

JONAS BROTHERS CONCERT 3D - SPECIAL EVENT PRICING (G) ★ 1215 215 420 630 845

FRIDAY THE 13TH (R) - ID REQ'D (320 PM) 620 PM 930 PM

CONFESSIONS OF A SHOPAHOLIC (PG) (200 505) 745 1030

CORALINE (PG) (150 430) 710 950

HE'S JUST NOT THAT INTO YOU (PG-13) (130 PM 435 PM) 750 PM

OC & DA: TAKEN (PG-13) (510 PM) 1010 PM

TAKEN (PG-13) (1210 PM 240 PM) 740 PM

PAUL BLART MALL COP (PG) (100 330) 610 840

GRAN TORINO (R) - ID REQ'D (110 PM 400 PM) 715 PM

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) (140 410) 650 920

JONAS BROTHERS CONCERT 3D - SPECIAL EVENT PRICING (G) ★ 1215 215 420 630 845

FRIDAY THE 13TH (R) - ID REQ'D (320 PM) 620 PM 930 PM

CONFESSIONS OF A SHOPAHOLIC (PG) (200 505) 745 1030

CORALINE (PG) (150 430) 710 950

HE'S JUST NOT THAT INTO YOU (PG-13) (130 PM 435 PM) 750 PM

OC & DA: TAKEN (PG-13) (510 PM) 1010 PM

TAKEN (PG-13) (1210 PM 240 PM) 740 PM

PAUL BLART MALL COP (PG) (100 330) 610 840

GRAN TORINO (R) - ID REQ'D (110 PM 400 PM) 715 PM

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) (140 410) 650 920

JONAS BROTHERS CONCERT 3D - SPECIAL EVENT PRICING (G) ★ 1215 215 420 630 845

FRIDAY THE 13TH (R) - ID REQ'D (320 PM) 620 PM 930 PM

CONFESSIONS OF A SHOPAHOLIC (PG) (200 505) 745 1030

CORALINE (PG) (150 430) 710 950

HE'S JUST NOT THAT INTO YOU (PG-13) (130 PM 435 PM) 750 PM

OC & DA: TAKEN (PG-13) (510 PM) 1010 PM

TAKEN (PG-13) (1210 PM 240 PM) 740 PM

PAUL BLART MALL COP (PG) (100 330) 610 840

GRAN TORINO (R) - ID REQ'D (110 PM 400 PM) 715 PM

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) (140 410) 650 920

JONAS BROTHERS CONCERT 3D - SPECIAL EVENT PRICING (G) ★ 1215 215 420 630 845

FRIDAY THE 13TH (R) - ID REQ'D (320 PM) 620 PM 930 PM

CONFESSIONS OF A SHOPAHOLIC (PG) (200 505) 745 1030

CORALINE (PG) (150 430) 710 950

HE'S JUST NOT THAT INTO YOU (PG-13) (130 PM 435 PM) 750 PM

OC & DA: TAKEN (PG-13) (510 PM) 1010 PM

TAKEN (PG-13) (1210 PM 240 PM) 740 PM

PAUL BLART MALL COP (PG) (100 330) 610 840

GRAN TORINO (R) - ID REQ'D (110 PM 400 PM) 715 PM

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) (140 410) 650 920

JONAS BROTHERS CONCERT 3D - SPECIAL EVENT PRICING (G) ★ 1215 215 420 630 845

FRIDAY THE 13TH (R) - ID REQ'D (320 PM) 620 PM 930 PM

CONFESSIONS OF A SHOPAHOLIC (PG) (200 505) 745 1030

CORALINE (PG) (150 430) 710 950

HE'S JUST NOT THAT INTO YOU (PG-13) (130 PM 435 PM) 750 PM

OC & DA: TAKEN (PG-13) (510 PM) 1010 PM

TAKEN (PG-13) (1210 PM 240 PM) 740 PM

PAUL BLART MALL COP (PG) (100 330) 610 840

GRAN TORINO (R) - ID REQ'D (110 PM 400 PM) 715 PM

STREET FIGHTER: THE LEGEND OF CHUN-LI (PG-13) (140 410) 650 920

JONAS BROTHERS CONCERT 3D - SPECIAL EVENT PRICING

Combat Jujutsu & Shudokan Kendo

Grand Master
Dong Jin Kim

Capoeira Spot
636 Florida Ave. NW
Washington, DC 20001
(202) 203 8056 or
(703) 350 6215

WWW.JTRJUJUTSU.COM



 Park your
browser here.

Concerts, movies, events,
restaurants and more.

 **nightout**
expressnightout.com

XX435 1x2

Entertainment



Kathryn Erbe and Vincent D'Onofrio star in "Law & Order: Criminal Intent."

GEORGETOWN UNIVERSITY

SCHOOL OF CONTINUING STUDIES

Bachelor's Degree

Part-time. Interdisciplinary. Affordable.

Liberal Studies

Follow your own path to complete your degree

American Studies | Catholic Studies | Classical Civilizations |
Communications | Ethics and the Professions | Humanities |
International Affairs | Leadership | Literature and Society |
Religious Studies | Social and Public Policy | Theory and Practice
of American Democracy | Urban Analysis and Community
Development | Individualized Study

INFORMATION SESSION

Tuesday, March 10, 2009 | 6:30 p.m.

Georgetown University Alumni House
3604 O Street, NW
Washington, DC 20057

For more information or
to RSVP, visit
scs.georgetown.edu/bals
or call 202.687.8700

NOW ACCEPTING APPLICATIONS

prepare

Finish your degree by challenging
yourself to explore many areas of
study and develop analysis,
communication, and research skills.
Prepare yourself to change the world.



My Fair 'Law & Order'

A staple of American
TV programming
hops across the pond

TELLY | Pitted against edgy procedurals, trendy reality shows or ensemble dramas, NBC's "Law & Order" for nearly 20 years has persevered as one of TV's most recognizable and durable brands. And if it lasts a few more seasons, the hybrid cop-and-lawyer series would eclipse "Gunsmoke" as television's longest-running drama.

But even as the franchise remains a popular draw for viewers — the so-called mother ship, along with its two satellite series, "Law & Order: Criminal Intent" and "Law & Order: Special Victims Unit," air as many as 90 times a week between first-run episodes and repeats in syndication — "Law & Order" is facing a new trial across the Atlantic, where it is being judged by a new jury: the British television audience.

Swimming against the flood of recent British imports to American television — "The Office," "Life on Mars," "American Idol" and "Dancing With the Stars," to name a few — "Law & Order" becomes the first American drama to be adapted for British television. The remade ver-

sion premiered late last month.

Working from scripts already produced for the American show, the British one, with its local cast and crew, has been reworded and reworked to reflect the sensibilities of its new home. With its thick accents and courtroom wigs, you might call it "My Fair Law & Order."

"I wanted to demonstrate that

**The show has
been reworked
to reflect the
sensibilities of
its new home.**

no matter what the system of justice is, 'Law & Order' works," said the franchise's creator, Dick Wolf. "The biggest difference is that there's not as much plea bargaining there as there is here."

It's not the first time that "Law & Order" has been refashioned for a European audience. Two years ago, Wolf expanded the brand to France for "Criminal Intent," and to Russia for "Criminal Intent" and "Special Victims Unit."

And the Anglicized version of "Law & Order" — co-produced by London-based Kudos Film and Television, Wolf Films and NBC Universal — was green-lighted even though its American inspiration has been broadcast for years on British TV.

"I love it because it feels the same," said Wolf. "But yet it's totally different." GREG BRAXTON (LOS ANGELES TIMES)



FROM BRONX TO L.A.: Ashlee Simpson-Wentz is moving into "Melrose Place." The singer-actress has been added to the cast of the CW's "Melrose" update. Her return to television comes seven years after she landed a role on the WB's "7th Heaven."

Television

ON TV TONIGHT

LIL WOMAN, BIG VOICE

The 13 finalists (Lil Rounds and 12 lesser talents) take another bow on **AMERICAN IDOL** (8 p.m., Fox).

THE BADGES BADGER

Insecurity in Chicago on **HOMELAND SECURITY: USA** (8 p.m., ABC).

CRACKED QUACK

A predator doctor turns the tables on the police on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

STILL MISSING

INDEPENDENT LENS (10 p.m., PBS) presents "Abduction: The Megumi Yokota Story," recalling the 1977 kidnapping of a Japanese schoolgirl by North Korean agents.

MAY YOU BE IN HEAVEN ...

A burglary of a family business takes on tragic dimensions in director Sidney Lumet's excellent 2007 drama, **BEFORE THE DEVIL KNOWS YOU'RE DEAD** (10 p.m., TMC), starring Philip Seymour Hoffman and Ethan Hawke.



CHRIS PIZZELLO/AP

EZ PASS: Memphis, Tenn.'s Lil Rounds has a ticket and voice to ride on "Idol."

A DIFFERENT SHE

Jay Leno hosts Keyshia Cole on **THE TONIGHT SHOW** (11:35 p.m., NBC).

BRITISH TASTE

Gordon Ramsey cooks for Craig Ferguson on **THE LATE, LATE SHOW** (8 p.m., ABC). KEVIN MCDONOUGH (UNITED FEATURES SYNDICATE)

Playing Up Their Piercings

A Sci Fi series injects the gamer image with a hefty dose of cool

CONSOLE | We're always being told that video games and social-network sites pose a grave threat to TV entertainment. They steal away younger viewers and occupy their time with interactive activities when they should be staring passively at the old box. That said, it's interesting how little these addictive pastimes are reflected on TV dramas and comedies or even reality fare. It's as though TV creators believe that if you ignore these competitive mediums, they will go away.

This changes ever so slightly with "WCG: Ultimate Gamer" (10 p.m., Sci Fi), a reality show/competition series that pits 12 successful gam-



SCIFI CHANNEL

The not-so-nerdy Mark Smith prepares to battle for the title of Ultimate Gamer.

ers against each other in challenges that unfold on both the console and in the real world.

The show is clearly intended to

dispel the unfair, if popular, notion of the gamer as the overweight social outcast wearing a stained and greasy T-shirt and subsisting on stale pizza in the dank confines of his mother's basement. It's a young, and for the most part, attractive group of men and women who populate "Ultimate Gamer." Piercings and tattoos abound, and at least one player sports contact lenses that give his pupils an otherworldly glow. Hey, it's the Sci Fi Channel.

The debut show is dedicated to a "Guitar Hero" competition. But before the stylish dozen play the actual (or is that the virtual?) game, they must form teams and play in a "real" rock band. The band The Donnas arrive to preside as judges. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

express



automobile dealers

more cars on the net



@washingtonpost.com



LUSTINE DODGE
WOODBIDGE, VA 1-800-879-4701
14211 JEFFERSON DAVIS HWY. LUSTINEONLINE.COM



SHEEHY HONDA
ALEXANDRIA, VA 703-660-0100
7434 RICHMOND HWY WWW.SHEEHYHONDA.COM



LEXUS OF SILVER SPRING
SILVER SPRING, MD 1-800-266-4874
2505 PROSPERITY LEXUSOF SILVER SPRING.COM



355 TOYOTA/SCION
ROCKVILLE, MD 301-309-3917
15625 FREDERICK ROAD WWW.DARCARS.COM



ALEXANDRIA VOLKSWAGEN
ALEXANDRIA, VA 1-888-683-3064
107 W. GLEBE ROAD WWW.ALEXANDRIAVW.COM



CASTLE FORD
SILVER SPRING, MD 1-866-369-9999
3111 AUTOMOBILE BLVD WWW.TRYCRYSTAL.COM



BROWN'S MANASSAS HYUNDAI
MANASSAS, VA 703-361-9600
8651 CENTREVILLE ROAD MANASSASHYUNDAI.COM



AMERICAN SERVICE CENTER
ARLINGTON, VA 703-284-2500
624 N. GLEBE ROAD JUSTMERCEDES.COM



355 TOYOTA
ROCKVILLE, MD 301-309-3917
15625 FREDERICK ROAD WWW.DARCARS.COM

ALEXANDRIA TOYOTA
3750 JEFFERSON DAVIS HWY 703-684-0700
ALEXANDRIA, VA WWW.ALEXANDRIATOYOTA.COM

KAY JENNINGS SPRINGFIELD TOYOTA
SPRINGFIELD, VA 703-451-0300
6570 AMHERST AVE. SPRINGFIELDTOYOTA.COM

KOONS TYSONS TOYOTA
VIENNA, VA 1-888-505-1137
8610 LEESBURG PIKE WWW.KOONS.COM

TOYOTA OF BOWIE
BOWIE, MD 301-867-1600
16700 GOVERNOR BRIDGE RD TOYOTAOFBOWIE.COM



DARCARS 355 VOLVO
ROCKVILLE, MD 301-309-3900
15401 FREDERICK ROAD WWW.DARCARS.COM

JERRY'S FORD
ANNANDALE, VA 703-256-5000
6510 LITTLE RIVER TURNPIKE JERRYSFORD.COM

KOONS STERLING FORD
STERLING, VA 1-888-342-7300
46869 HARRY BYRD HIGHWAY WWW.KOONS.COM



PASSPORT INFINITI 1-888-209-7211
ALEXANDRIA, VA WWW.PASSPORTINFINITI.COM
"VA fastest growing Infiniti Dealer"



DARCARS NISSAN
ROCKVILLE, MD 301-309-2200
15911 INDIANOLA DRIVE WWW.DARCARS.COM



MOORE LUXURY CARS
VIENNA, VA 703-790-0950
8595 LEESBURG PIKE MOORELUXURYCARS.COM

Drive you.

"Cars" can put you in the right wheels. Wednesdays.

express

Snakes, off the Chain

A hardcore band grows up, but its live concerts still rock

MUSIC | These Arms Are Snakes have built a loyal following for not only their cathartic, aggressive post-hardcore recordings but also for live shows that match the energy hit-for-hit.

"I think our music is just a little rambunctious in nature; it kind of lends itself to the live show where it's a little bit crazy all the time," said guitarist Ryan Frederiksen. "If the crowd's going crazy, I might run into the crowd or something, and Steve [Snere, vocalist] is just running around nonstop, climbing on anything he can. [The crowd will] pick him up and throw him all over the place and ultimately he ends up with broken ribs. It's twice now that's happened."

Adapting songs from These



These Arms Are Not Snakes departs from their tried-and-true musical formula.

Arms Are Snakes' latest CD, "Tail Swallower & Dove" (Suicide Squeeze), for those crazy live shows proved especially challenging

because the album is a departure from the band's previous work. "We consciously tried to tone down the manicness of songs ... where we try

to cram as many different parts and kind of go a little overboard with song structure," Frederiksen said. "This time around, we collectively tried to not do that, to just make it a little more musical."

Frederiksen said the response from fans of the group's previous two albums, however, has ultimately been positive. "I think it went over very well — we've had quite a few people come up to us and say, 'I got the record and I didn't get it [at first]. I was kind of missing the old-style Snake stuff. But seeing it live, the new stuff blows everything away.' It's kind of reassuring, in some regards. Some people might not like it, but we love it."

"It might be toned down structure-wise, but we still go crazy with it live." KATHERINE SILKAITIS

→ *Rock and Roll Hotel, 1353 H St. NE; Wed., 7:30 p.m., \$12; 202-388-7625.*

thescene



An Arabian Night, Washington-Style

BEEN ITCHING TO check out the Arabesque festival at the Kennedy Center? Time is running out, but you live in a veritable garden of earthly delights. Make a night of it with an old friend or that roommate you haven't seen in a week because you've been working so hard.

The festival includes a slate of performances and exhibits, but we're particularly excited about Thursday night's "The One Man Village," an Arabic-language film about the Lebanese village of Ain El Hazaroun, whose inhabitants fled — except for one man, the filmmaker's uncle, who stubbornly stayed.

To get yourself in the mood, stop by Mie N Yu (3125 M St. NW; 202-333-6122), the upscale Georgetown restaurant with an eminently affordable happy hour between 5 p.m. and 7 p.m. Sample the strong \$6 cocktails and gourmet bar munchies, including wasabi gyoza and a \$2 tub of tempura. Eat plenty, since you'll want to wait until after the movie to eat dinner. Then, head to the Kennedy Center (2700 F St. NW; 202-467-4600) for the 7:30 p.m. film screening.

After the movie, if you're still in the mood for Middle Eastern food, go back to Georgetown and Moby Dick's House of Kebab (1070 31st St. NW; 202-333-4400). This local Iranian-food chain is famous for (obviously) kebabs, so order a few with rice. Don't mind the line — there's usually a long one, but it moves quickly, and the food is always worth it. FIONA ZUBLIN (EXPRESS)

Explore our searchable list of the area's events, venues, restaurants and movies at Expressnightout.com/thescene.

topstops



Art Writ Very Large

Ever get in trouble as a child for drawing on the walls? Apparently, admonitions didn't

sink in for artist Linn Meyers, who has covered the walls of the University of Maryland art gallery with two giant drawings, each so big that you can't take it in all at once. The inked, swirling sketches will make you a little woozy — one minute they look like fingerprints, the next like the inner workings of the human body. Meyers has transformed her gallery space, but her work will transform your brain. The exhibit closes this weekend, so get a move on if you want to see it. F.Z.

→ *Art Gallery, University of Maryland, 1202 Art-Sociology Building, College Park; through Friday, free; 301-405-2763. (College Park)*



Dreadlocked 'Rebel'

Photographer David Burnett sure had a tough life. From 1976 to 1977, *Time* magazine forced him to hang out with Bob Marley and take pictures of him in Jamaica and on a European tour. Now, he's released those photos in a book — "Soul Rebel: An Intimate Portrait of Bob Marley" — and in an exhibit at the Govinda Gallery that chronicles a short but flashy period in the life of the reggae legend. F.Z.

→ *Govinda Gallery, 1227 34th St. NW; through March 28, free; 202-333-1180.*



Gypsy Rock Band

Nope, Fleetwood Mac doesn't have a new album out. None of its members is promoting a movie or a new trashy autobiography. They're just here to play music, guys. It's a greatest hits tour, so if the sound of "Landslide" is going to remind you of your first major breakup or something, you should be prepared. But, hey, "Don't Stop" will make you think happily of those pre-Iraq war, pre-Depression 2.0 years when the worst we had to worry about was a president's infidelity and a hole in the ozone layer. F.Z.

→ *Verizon Center, 601 F St. NW; 8 p.m., \$49.50-\$149.50; 202-397-7328. (Gallery Place)*



NovaSmiles

Implant, Laser, **GENERAL DENTISTRY**

Fillings | Crowns and Bridges | Root Canals |
Root Planing and Scaling | Extractions | Teeth in
an Hour | Implants | Sedation | Laser Dentistry |
Computer Guided Surgery | Crowns and Bridges |
Implant Supported and Removable Dentures | Cancer
Reconstruction | Speech Prosthesis | Special Needs
Patients | Sedation | Laser Full Mouth Rehabilitation

Dr. Lawrence D. Singer
Clinical Professor of Surgery,
George Washington Univ. Hospital

Dr. Debora B. Armellini, Diplomate,
American Board of Prosthodontists

Take a look to see what we can do for you...

www.novasmiles.com
809 Cameron St., Alexandria VA
703-299-4614

DEPRESSION

**IS MORE THAN SADNESS
IT CAN STEAL
THE JOY FROM LIFE!**

**YOU MAY BE ELIGIBLE
FOR A DEPRESSION
RESEARCH STUDY AT
NO COST TO YOU.**

301-770-7375

CAPITAL CLINICAL RESEARCH ASSOCIATES EASY ACCESS, EASY PARKING

**Are you tired of waking up
BEFORE your alarm?**

INSOMNIA

If you are at least 18 years old and have trouble
STAYING ASLEEP you may qualify to participate in a
research study of an investigational medication.

Compensation will be provided for time and travel.

Call 301-654-5665
research@sleepdoc.com

The Center for Sleep & Wake Disorders
Chevy Chase, Maryland
Friendship Heights Metro



Volunteers Needed

Compensation paid to healthy female and male volunteers
for donations of bone marrow for research efforts in such
areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our
convenient Gaithersburg, MD office.

Donations occur at our Bethesda, MD office by board
certified physicians.

Both locations are accessible by
MetroRail and Metro Ride-On.

FINANCIAL COMPENSATION PROVIDED

For more information, or to schedule an appointment:

TOLL FREE: (888) 926-9211

EMAIL: donorinfo@lonza.com

Lonza

AD BONE MARROW 03/07

Be a part of your world.

Learn how you can
volunteer in a research
study of an investigational
vaccine designed to prevent
malaria.

We seek healthy adults 18 to 50, who
are civilians, active duty with supervisor
approval, retired military, or dependents
with no previous exposure to malaria.
Compensation is provided.

Call **301.233.9640**
or **301.295.4298**
Email malariactc.nmrc@med.navy.mil



Medical Research Center
Malaria Department • Clinical Trials Center
National Naval Medical Center, Bldg. 141
Bethesda, MD 20889

4633AdRecruitMmCiv



**WeekendPass makes
the weekend reel.**

Every Thursday in Express.

XX143a 1x1



**WeekendPass makes
the weekend reel.**

Every Thursday in Express.

XX143a 1x1

ADVERTISE

**Express Health
Every Tuesday**

Call Celeste Costanza
202-334-7009

costanzac@washpost.com
(Deadline every Wed., 4 PM)

**Back Pain?
Shoulder Pain?
Leg Pain?
Stressed?
Sleep
Disorder?**

Accepts Insurance
Affordable
Dupont Circle, Medical Building
CALL

202-520-9947

Deals & Discounts
on washingtonpost.com

**Post Your Health
Coupons Online
for \$100 per month!**

washingtonpost.com
Contact Celeste Costanza
202-334-7009
costanzac@washpost.com



**WeekendPass makes
the weekend delicious.**

Every Thursday in Express.



XX143f 1x2.5

Travel cheaper

Tips and inside info.
Travel.

Wednesdays in Express.

express

A publication of The Washington Post



Classifieds

express marketplace

JOBS • RENTALS • HOUSES • WHEELS • STUFF • AND MUCH MORE...

Reach over **285,000** readers daily

To place a classified, call
202-334-6200.

To advertise a job, call
202-334-4100.

Credit cards accepted.



SAVE 20%
by running
your ad Mon.
through Fri.

JOBS

Administrative Assistant

Answer phones, filing, exp. preferred. Beltsville. \$10-\$12 an hr. Fax resume to 301-210-4235.

Airlines

**Now Hiring Over 50
Full & Part Time RAMP AGENTS
Washington Dulles**

Great Flight Benefits: Worldwide Travel

Apply online at: www.airwis.com

**United Express
Operated as AIR WISCONSIN**

EOE M/F/D/V

Auto Sales

Paid training, full benefits pkg. & \$60k/yr or higher. Call 301-483-7781 or Fax resume to 301-483-7884
Email resume: lewiss@autonation.com

**Fox of Laurel Buick
Pontiac GMC**

JOBS

AUTO MECHANIC

Mechanic ASE certified needed for gas station in McLean. Call 703-606-3356.

AUTO SALES

USED CAR SALES

Seeking used car salesman. Experience welcome, but not required. Mazda dealership in Arlington. To apply come to: 750 North Glebe Road, Arlington, VA 22203.

Barber Some walk-in customers. NW, DC. Call 301-996-3345

CONSTRUCTION

ESTIMATOR/PROJECT MANAGER

Commercial glass company seeking EST/PM w/ prior related exper. CAD/QB exp helpful. Call weekdays 8-3, 301-846-4188.

DANCERS—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. Leave info: 240-286-3660.

DENTAL ASSISTANT Full-time

White Flint area. No exp needed. Will train the right person. Fax resume: 301-560-6307

ENGINEERING

**VOLKERT
& ASSOCIATES, INC.**

SENIOR PROJECT ENGINEER

Volkert & Associates seeks Sr. Project Eng in Alexandria, VA. BS/MS in Civil Eng + 7 yr exp. Req'd skills: leadership/ team building, prepare cross-sections, grading designs, drainage plans, etc. for roadway projects; Microstation, Geopak, AutoCAD. VDOT experience a plus. Employee owned company - relaxed, creative environment, training and career advancement, competitive salaries and comprehensive benefits.

AA/EOE/M/F/V/D.
Send resumes to:
Volkert & Associates, Inc.
5400 Shawnee Rd., Suite 301
Alexandria, VA 22312
alexandria@volkert.com
FAX (703) 642-8106.

KENNEL POSITION: available Rockville. PT/FT. Only serious apply. Call 301-738-8750 or email resume to: pleasantgroom@verizon.net

JOBS



**Interested in a career where you
can make a difference?
Come to the
Acquisition Solutions
Career Open House!**

If you are ready to make a difference in your government...your country...and your future, then a career with Acquisition Solutions may be right for you. At Acquisition Solutions, we help Federal agencies identify, develop and implement innovative techniques and leading practices to improve acquisition outcomes. We approach the acquisition business with unparalleled passion...purpose...and performance.

Our people are highly accomplished acquisition experts and deeply skilled professionals, all of whom are at the top of their game. Best of all, we work in a collaborative environment built on a culture of enthusiasm, motivation, and a can-do spirit.

Please join us for an opportunity to learn about how you can help Acquisition Solutions enable Federal agencies to leverage acquisition for superior mission results. Our current openings include:

• **Acquisition Specialists:** DAWIA III in Contracting or CPCM a plus

• **Program Managers:** PMP or DAWIA III in Program Management a plus

Our office is one block from the Rosslyn Metro Station, and public parking is available nearby.

**Thursday, March 12, 2009
4:00 pm to 6:00 pm
Acquisition Solutions, Inc.
1655 N. Ft. Myer Drive, Suite 1000
Arlington, VA 22209**

www.acquisitionsolutions.com

An Equal Opportunity Employer / Drug Free Workplace

MAINTENANCE (Janitors & Maids)

For Washington Metro & outskirts. All shifts available. Call 202-629-9637.

MENTAL RETARDATION

Caring and kind. Work with disabled people in group home. NE/SE DC. \$8.50/hr. Call Ms. Grace at: 202-575-3840 or 202-581-2314

POLICY

SENIOR POLICY ANALYST

The U.S. Commission on International Religious Freedom is accepting applications for a Senior Policy Analyst focusing on religious freedom issues in Afghanistan, Pakistan, and India. The position requires strong research skills, policy experience, a terminal degree (JD or PhD), and substantive knowledge in the area of foreign affairs and human rights including religious freedom. Knowledge of local languages a plus. Competitive salary and full benefits.

Please send resumes and writing samples to:
administration@uscirf.gov
For further information about the Commission visit our Web site at www.uscirf.gov

JOBS

Research

Project Specialist

The Washington, DC Research Advancement Office of the University of Southern California (USC) seeks a Project Specialist to join its dynamic team. Must be energetic, self-motivated, and very detail-oriented. Responsibilities include interacting with USC faculty, federal funding agencies and re-searchers around the U.S. and the world, and analyzing data related to USC's research activities. Very competitive salary and excellent benefits package. Bachelor's degree w/2 yrs. experience recommended. Combined experience/education may substitute. **Apply by April 5th** online at www.usc.edu/jobs Search req ID 000561 Equal Opportunity Employer

TEACHERS & AIDS WANTED

Immediate openings. South Riding Montessori. Call 703-327-3003.
info@southridingmontessori.com

TELEMARKETING

\$75,000 Full Time

Start earning the money you deserve! Work enthusiastically for our

Award Winning Marketing Company!

We are located in Laurel @ 312 Marshall Avenue
Call us today

Novo1 • 301-361-1111

Drug free workplace

Telemarketer Temple Hills,
Get \$100k/yr salary+bonus!
Cold call. Ken 240-351-5397

TRANSPORTATION

HIGHWAY INSPECTOR

Volkert has immediate openings for qualified professionals to support existing clients and participate on challenging projects in the Northern Virginia, Richmond, Charlottesville and Culpeper areas.

Highway Construction Inspectors

- Inspectors with 3 plus years experience
- VDOT or MARTCP Certifications required
- Heavy bridge construction and asphalt paving experience a plus
- WACEL Certifications considered
- VDOT experience a plus

Volkert is an employee-owned company with a relaxed, creative work environment, training and career advancement, competitive salaries and comprehensive benefits. Send resumes to

Volkert Associates, Inc.
3415 Novum Road
Reva, Virginia 22735
Email: wgreen@volkert.com
AA/EOE/M/F/V/D

Travel

Need Extra Income? Book Travel-Get Paid. Flex Hrs. Benefits Avail. Call 301-805-8941.

CAREER TRAINING

A Bar Career

in 1-2 Weeks

- Days, Evenings & Weekend Classes
- Free Lifetime Job Placement Assistance
- Approval by the State of MD
- National Alcohol Awareness Certificate (T.I.P.S.)

Call for nearest location 1-866-411-2MIX
www.authenticbartendingmd.com

A better tomorrow

starts today!
Offering career training in IT and Networking Design. Call Now to Change Your Life!
1-866-204-3812
www.checkoutaci.com
11141 Georgia Ave.
Suite 418
Wheaton, MD 20902
Financial aid available to those who qualify.



A NEW CAREER AWAITS! TRAIN TODAY FOR A CAREER IN CRIMINAL JUSTICE

AT
EVEREST COLLEGE!
Preparing you in the fields of Corrections, Juvenile Justice and Security Financial Aid Available for Those Who Qualify Two Locations: Arlington, Tysons Corner CTO SCHEV
1-888-461-3609
Visit us online at www.SeeEverest.com

A REWARDING CAREER IN LESS THAN A YEAR!

Train today for a career in
MEDICAL ASSISTING!
Where you can still succeed without a GED or Diploma. Financial Aid Available for Those Who Qualify 1-888-573-8329 Visit us online at www.SeeEverest.com
Arlington
801 N. Quincy St. Ste. 500
Arlington, VA 22203
Tysons Corner
1430 Spring Hill Rd. Ste. 200
McLean, VA 22102
Silver Spring
8757 Georgia Ave.
Silver Spring, MD 20910
VA Schools are CTO SCHEV

**Become a Massage
Therapist in just 7 months!**
Call National Massage
Therapy Institute Today!
CTO-SCHEV
800-859-2214

SEARCHING FOR A NEW career?

You could train for a career in:
**Criminal Justice, Graphic Design,
Information Technology and more!**

Call now for a free brochure!
888-792-3444
www.sbcvienna.com
career education CEC2216821 - 07/08
Sanford-Brown College is certified by the State Council of Higher Education for Virginia to operate campuses in Virginia.

Sanford-Brown COLLEGE
1980 Gallows Rd. • Vienna, VA 22182

Classifieds

RECESSION PROOF CAREERS



- ◆ medical assisting
- ◆ medical office admin
- ◆ dental assisting
- ◆ pharmacy tech



ALLIED HEALTH TRAINING - IT'S ALL WE DO!

arlington • alexandria • manassas

Call Now: 866-970-8484
www.actcollege.edu

CERTIFIED IN VA BY SCHEV • ACCREDITED BY ABHES • PROGRAMS VARY BY CAMPUS
 1100 WILSON BLVD., MALL LEVEL • ARLINGTON, VA 22209

Be Ready- IT Jobs Are Out There!



"New Horizons helped me double my income and secure a position as a Tier One Customer Support Specialist AND a Security Clearance! All this year while I was 19 years old and still attending training."

-Chris-Lord H. -Support Specialist



Financial Aid
 VA & GI Bill Approved
 Job Placement Assistance
 SCHEV Certified
 www.newhorizons.com
 (703) 749-4022

- Cyber Defender • MCSE • MCSA • MCTS •
 - CCNA • A+ • Network+ • Security+ •
- New Horizons Computer Learning Centers
 World's Largest Computer Training Company
 2010 Corporate Ridge, Suite 200 • McLean, Virginia

MEDICAL OFFICE ASSISTANT

- Medical Coder
- Medical Biller
- Medical Receptionist
- Medical Claims Adjuster
- Medical Insurance Processor

OFFICE ADMINISTRATION

- Administrative Assistant
- Receptionist
- Customer Service
- Accounting Assistant
- Accounts Payable & Receivable



Career Technical Institute
 Formerly Career Blazers Learning Center

2131 K St. NW. Btw. 21st & 22nd St. • 888-639-8766

GET THE SKILLS EMPLOYERS WANT IN AS LITTLE AS 6 MONTHS!

* Financial Aid Available if Qualified
 * Placement Assistance Available

LET YOUR SKILLS PAY YOUR BILLS
Open House March 10th

OPEN HOUSE BEGINS AT 10 AM

Join us for refreshments and a free raffle!

MEDICAL ASSISTANT

- Medical Office Procedures
- Laboratory Procedures
- Medical Terminology
- Phlebotomy/Medical Billing
- Assisting with Surgeries
- Work at hospitals/clinics

OFFICE ADMINISTRATION

- Windows/Word/Accounting
- Excel/Powerpoint/Web Design



Learn & Earn a Computer



Morning / Afternoon / Evening
 Morning classes filling quickly

CALL NOW!**202.223.3500**

1001 Connecticut Ave., Suite 435
 Conn. & K above Farragut North



Boy or Girl?

You could help track the health and growth of babies!
 You can prepare to become a

Diagnostic Medical Sonographer!

Call now for a FREE brochure!

888-771-2433

www.sblandover.com

SANFORD BROWN



A Leader In Health Care Education

8401 Corporate Drive, Suite 500 • Landover, MD 20785

REAL PEOPLE
REAL CAREERS
REAL TALK

Career Training

“THEY’LL WORK WITH YOU AFTER WORK, OR YOU CAN GO BEFORE WORK. YOU CAN DO WHATEVER YOU NEED TO DO TO GRADUATE.”

WHAT ARE YOU WAITING FOR? CALL NOW.

1-888-291-1351Apply online at **www.SeeEverest.com**

Everest COLLEGE Everest INSTITUTE

Everest College - Arlington
 801 N. Quincy St.
 Ste. 500
 Arlington, VA 22203

Everest College - Tysons Corner
 1430 Spring Hill Rd.
 Ste. 200
 McLean, VA 22102

Everest Institute - Silver Spring
 8757 Georgia Ave.
 Silver Spring, MD 20910

Financial Aid Available for Those Who Qualify • VA Schools are CTO SCHEV
 Programs and Schedules Vary by Campus

Become a Nursing Assistant (CNA)
 Call Dominion Academy
 240-770-7774 / 202-409-6564
 Also Enroll now for Weekend CNA Classes
 7726 Finns Lane, suite LL2
 Lanham Maryland 20706
 Approved by the Maryland Board of Nursing and
 the Maryland Higher Education Commission

CAD

Train for a career in computer-aided design at **Westwood College**. Call 800-342-2249 today to receive your free Career Success Kit!
 www.westwood.edu/locations

Insyte

Insyte Training.com

COMPTIA
 A+, Network+, Security+
MICROSOFT
 MCSE, MCTS, MCITP
CISCO
 CCENT, CCNA, CCNP
SECURITY
 CISSP, CEH, CHFI, CISA

FINANCING AVAILABLE!
 Veterans Benefits & GI Bill Approved
 WorkForce Investment Act Approved
 Paid Internships & Job Referrals!
 Certified & Experienced Instructors
 DAY, EVENING & SATURDAY
 CLASSES AVAILABLE
Lowest Prices!
Guaranteed

CALL 703.535.8600

PREPARE FOR A NEW LIFE!

Make a difference, even with the little ones as a Diagnostic Medical Sonographer. Train in less time than you think!

Career Services Available

Financial Aid for those who qualify.

Training includes an externship!

For a Brochure, Call Now!

888-805-2333

SANFORD-BROWN INSTITUTE
 8401 Corporate Dr. Ste 500
 Landover, MD 20785

A NEW YOU!

Train for an exciting career. We offer hands-on training and Career placement assistance.

Learn more today!

888-792-6444

Sanford-Brown College
 1980 Gallows Rd.
 Vienna, VA 22182

Sanford-Brown College is certified by the State Council of Higher Education for Virginia to operate campuses in Virginia.

Become a Certified Computer Technician

CTI Career Technical Institute
888.639.6244



WeekendPass
makes the weekend noteworthy.

Every Thursday in Express.



A publication of The Washington Post

X0143b 1x4

Classifieds

CAREER TRAINING

CAREER TRAINING

Help Yourself by Helping Others

Train to be a
MEDICAL ASSISTANT

Sanz's Medical Assistant program equips you with the skills you need to succeed in the healthcare field.

Work with Doctors at Clinics, Doctors' Offices and more.

Training includes:

Phlebotomy
Vital Signs
Diagnostics
Administration

Sanz
since 1939

Accredited by
COE
Approved by
DC Education Licensure Commission
Maryland Higher Education Commission
Certified by
SCHEV to operate in VA

- ✓ Financial Aid If You Qualify
- ✓ Job Placement Assistance
- ✓ Convenient DC, MD and VA Locations
- ✓ Convenient AM, PM and Weekend Classes

1(888) 407-8222

www.sanz.edu
Silver Spring, MD Washington, DC Falls Church, VA

MIHT **Become a DENTAL ASSISTANT in 10 Weeks**

- Daytime, Evening, Weekend Classes
- Job Placement Assistance
- Financial Assistance Program

CTO SCHEV
1-866-611-6448

Become a Medical Billing and Coding Professional
CTI Career Technical Institute
888.639.5627

CONSTRUCTION MANAGEMENT
Train for a career in Construction Management at **Westwood College**
Call 877-789-7323 today to receive free Career Success Kit!
www.westwood.edu/locations

CRIMINAL JUSTICE
Train for a career in Criminal Justice at **Westwood College**. Call 888-605-2244 today to receive your free Career Success Kit!
www.westwood.edu/locations

HELP FIGHT CRIME
WITH A CAREER IN CRIMINAL JUSTICE!
Train in Criminal Justice or Information System Security!
Ongoing Career Services Assistance.
Financial Aid for those who qualify.
For a Brochure, Call now!
888-791-3444
Sanford Brown College - Vienna

MAKE A DIFFERENCE, even with the little ones!
Train for a healthcare career in less time than you think.

You could learn:
• MEDICAL ASSISTING
• DIAGNOSTIC MEDICAL SONOGRAPHY
• CARDIOVASCULAR TECHNOLOGY, and more!
CALL NOW! 888-805-2333
You're new life is waiting!
Sanford-Brown Institute
8401 Corporate Dr. Ste 500
Landover, MD 20785

NEEDED:
People to train as
CARDIOVASCULAR TECHNICIANS!

Get training in this exciting career field and you could help save lives!

CALL NOW
888-805-2333
Sanford-Brown Institute
8401 Corporate Dr. Ste 500
Landover, MD 20785

PARAMEDIC TRAINING

Westlink offers CPR, Basic EMT & Paramedic training. Classes meet weekly. Upon completion you will take the certification exam. Close to Metro Center.

For details call: (202) 552-7385
or email: Thewestlinkci@hotmail.com

Westwood College

Train for a new and exciting career at **Westwood College**. Call 877-852-9712 today to receive your free Career Success Kit!
www.westwood.edu/locations

BUSINESS AND FINANCIAL OPPORTUNITIES

Funding available up to \$200K for any business. Must have 680 FICO score. **877-797-3721**.

LOANS—All purposes. **Bad credit OK.** 35 yrs in business. **202-223-4581**

Vending Rt 4-Sale.Hi-Vol Hotels & Schools Landover Hills, Rosslyn, Balt, VA, DC, Annandale, & Bethesda **CALL 202-439-6100**

SERVICE SOLUTIONS

\$75* TAXES - MONEY FAST 1-2 Days for your federal refund. 10% discount with this coupon.
GEG Consulting, LLC
7411 Riggs Rd., Suite 214 Hyattsville, MD 20783
Call Tony at 301-431-0445 or 301-509-1793
*includes 1040 & W-2(1)

NO SEW, NO GLUE, NO CHEMICALS HAIR EXTENSION

Promotes Hair Growth,
Great for Alopecia, Thinning Hair
Landover Hills and Alexandria:
301-622-4377
Capitol Heights: **301-967-2405**
www.maliaflexi.com

STUFF

3Pc King Pillowtop matt set. \$225. New in plastic. Can deliver. 301-399-7870

6Pc Cherry Bedroom set. New in boxes. Take \$450. 301-399-7870

A bed \$145 Queen Pillowtop mattress set. New in plastic. Can del. 240-372-6691

AD - The Last Mattress Ad That You'll Ever Read
www.mattress4less.biz

Couch/Lvst \$495. New in Cartons. Microfiber Chair available. 301-343-8630

FURNITURE WANTED
Always buying good used furniture. Same day.
301-336-2988

MATT \$125 full sz set new in plastic. Can del. 240-372-6691

NEED CASH — will purchase household goods, estates, appliances, furnishings, cars.
240-432-1997

P4 Computers From \$89—P4 Laptops From \$249
Falls Church, VA, 703-821-1400; MD 301 931-6630

PETS

ADOPT A CAT/KITTEN **VET CHECKED**
Call Feline Foundation.
703-920-8665 **www.ffgw.org**

American Bandogge—Easter Pups, AKC Eng Mastiff/ Am Buldog, slvr, crm, red, fwn \$550 & up, Big & Beautiful 301-932-5833

FELINE ADOPTION FAIR
Sunday, March 15, 1-3 p.m.
VCA BARCROFT CAT HOSPITAL
6357 Columbia Pke, Falls Church, VA
Information **703-920-8665 x3**
Feline Foundation **www.ffgw.org**

YORKIE — Downsizing. Beautiful adults & pups, shots, M/F, AKC lines. Pic on line. \$600+.
540-894-5333

1, 2, & 3BR Apts Avail in NE & SE — starting at \$1100. Sect 8 welc. Utills not incl. All locations nr Metro & Other attractions (202) 265-1850.

Arlington, VA

ALL UTILITIES INCLUDED

Wood Lee Arms

Eff fr mid \$1,000's 1 br's fr low \$1,400's 2 br's \$1,599
Spacious apartments • Near Ballston & Rosslyn Metros • Cats welcome
• Close to shops, parks & restaurants • Indiv. controlled heat & a/c
4400 Lee Highway **877-659-2683** gradymgt.com

GRADY MANAGEMENT, INC.

ARBOR VISTA

Time to turn over a new leaf **Move to Arbor Vista!**

Completely renovated, minutes to metro stations, University of Maryland, shopping and dining
Rents starting from \$891 for 1 bedroom

March Rent FREE*
Call 866.396.6012

*On Select Units

9408 Adelphi Road • Adelphi, MD 20783
www.arborvistahomes.com

Edgewood Mon-Fri 9-6, Sat 10-5, Sun 12-4

Alexandria, VA EHO

Meadow Woods Apartments

OPEN HOUSE
March 14th, 16th & 17th

1 Bedrooms from \$895
2 Bedrooms from \$1114
\$17 app fees
\$99 Security Deposit w/approved credit
3 DAYS ONLY!!!!

HUGE FLOOR PLANS
Be the first to live in your
BRAND NEW RENOVATED APARTMENT HOME

Call Now (888) 754-1233
Some restrictions may apply.

ARLINGTON N. LYON VILLAGE APTS
Renovated 1&2 BR from \$1400
Walk to shopping, Metro, Cats only.
1/2 Off 1st Month's Rent!
703-465-9700

Arlington, VA EHO

Ready for Move Ins!

2brs from \$1272

Brand New building w/ easy access
to Shirlington Village & I-395
Handicapped Accessible Apts.
Housing Grants & Section 8
Housing Choice Vouchers accepted

Max Annual Income Limits
At 50%: 2BR \$49,200
At 60%: 2BR \$59,040

The Shelton
703-920-0962
Mon-Friday 1pm-5pm/Saturday 9am-3pm

Arli N-EFFC, 1 & 2BRs \$840-\$1320 + elec. Walk to Metro. 703-528-8736.

PRE-LEASING NOW FOR SPRING MOVE-IN!

THE MADISON
AT BALLSTON STATION

Luxury apartment homes in Ballston.
Classic outside, contemporary inside.
MadisonBallstonStationEX.com
888.307.2949

Income restrictions apply on select units.
See Leasing Consultant for details.



Bethesda—\$1950, 1 br, 1 ba, 5208 Wissoming Road, Bethesda, MD, heat, water, Elec, wheelchair-access, HSI, DW, porch-patio, Newly Ren, WW Carpet, New Crpt, WD, Fplc, AC, garbage, 3013204463

BETHESDA—Whitehall Apts., 2BR 1BA, \$1575/mo, 4977 Battery Ln. Free parking. call 202-554-1167 during the week. **703-524-1651** weekend

BLADENSBURG—Large 2BR, 1st MO. FREE. Incl. H/HW/gas, new kitchen & appliances, lg. closets, must have rental refs. \$895/mo **202-362-5919**

Brentwood—Newly Renovated 1 & 2 br, 1 ba, NE DC, WD in-unit, Central Air. \$1200, Sec. 8 OK. 202-270-3538

Brookland—CUA 3br 2.5 ba, Quiet, immaculate 2 level ground entry. Metro 2 blocks, DC rec center/pool Yes! Organic Mkt. 1. Inc water. WD, DW, new kitchen, patio, laminate fl \$2,000 w 1 mo dep, safe pets w ex dep. 1 osp plenty on. 703-298-7844

BROOKLAND Open This Sat & Sun 2-4
Presenting The Brooks Condominiums
2824 12th Street, NE As low as \$199,000

It's Close to Ideal! 15 min. rush hour commute to Capitol Hill, 4 blocks to shopping, banking center & cafe. Within walking distance to Rhode Island Ave. & Brookland Metro stations.

It's All Here! Redesigned with energy efficient windows, hardwood flrs, granite counters, SS Appl, ceramic kitchen and BA flrs, recessed lighting, washer/dryer unit, all in a secure bldg.

Two BR's with One BA Unit 207 model A \$269K Unit 202 model A \$239K
Unit 101 model B \$259K Unit 103 model B \$219K
Unit 106 model C \$249K Unit 104 model C \$199K

It's a Well-Timed investment! Home ownership has never been so easy. There are non-stop advantages to owning here and owning NOW! We have information available on *HPAP-financial assistance program *tax abatement-no property tax 5 yrs *DC 5000 tax credits or the stimulus 8000 tax credits obtainable on your '08 taxes.

Let us show you in 45 min how you can own in 45 days

WYVONGELA 202-547-2703
RE/MAX Allegiance 202-547-5600

Camp Springs EHO

Courts of Camp Springs
Rent Specials

1 BR \$799
2 BR Flats \$875
2 BR Duplexes \$950

Newly Renovated Community & Huge Floor Plans

5% Discount for Govt, County & Military Personnel
Convenient to Metro

877-468-2151

5327 Carswell Avenue, Suitland, MD 20746
www.thecourtsofcampsprings.com
Text 'WCS6' to #30364 for instant info & Photos
William C. Smith & Co.

CAPITOL HEIGHTS

FREE! FREE! FREE!

FREE application fee plus 2 Months Free Rent*

- Newly renovated kitchens
- Near Metrorail, Metrobus and major highways
- Controlled access
- Community center

Highland Ridge
888-240-4569

• EHO *must move in by 3/31/09

Classifieds

RENTALS

Cap Hill - Nats Ballpark—\$2650 furn, 2250sqft, util incl, 2br/2ba newcondo at Metro! Walk CapHill. Indoor pool, gym. 301-762-5397

CAPITOL HEIGHTS

CAPITOL COURTS

6936 Walker Mill Rd.
Capitol Heights, MD 20743
866-204-8062

2 BR + den Special starting at \$985

- Controlled Entry
- Individual Patios/Balconies
- Spacious Closets
- Wall-to-Wall Carpeting
- Large On-site Laundry Facilities
- Central Heat & AC
- Playgrounds
- Swimming Pool

William C. Smith & Co./EHO
www.wcsmith.com
*Call for details.

Cathedral Area NW

3218 & 3224 Wisconsin Ave
ONE MONTH FREE RENT
1 Bedrooms from \$1145
ALL UTILITIES INCLUDED
Secure bldg. Full carpet,
free parking, no pets.

888-390-9059
202-686-3452

Mon-Fri 9-5
Sat 11-4

Cathedral Heights—\$2000, luxurious, large 1 br, 1 ba, parking, 4101 Cathedral Avenue NW; doorman, Balc, Nr Pub Transp, pool, 202-320-8329

Cleveland Park—\$2,000, 2 br/1 ba. 3832 Porter St, NW, water incl. Features: DW, WD, Nr Pub Transp, HSI, Hw Flrs, Fans, storage rm, pool, parking, NO SMOKING 301-263-1119

Columbia Heights—5-6 br/2 ba, in-law ste, nr Hwd U, bus, \$3,200. Open house Sun 3/8, 1-4. 2734 Sherman Av NW 301-769-2126, 240-463-5156

Deanwood—1,2 BR Apts, Furn, all util incl. \$1199 & \$1399. Avail Now. **240-582-7584**
dcmethod@gmail.com

Deanwood—Short term furnished priv bath, all utilities, WiFi From \$199/wk **240-582-7584**
dcmethod@gmail.com

Fairfax - 3BR 2BA. \$199/mo. Foreclosure! 800-720-1316 x. 2210

Fairfax County—\$1590, 3br, 2.5 ba, 2 Fls, 5037 Head Ct, DW, WD, BeltW GMU, Pub Transp, pets, parking, 571-224-2216, geoffbrand@msn.com

Falls Church—\$1,200, 2 br, 1 ba, 7336 Lee Hw, Falls Church, VA, heat, water, Newly Ren, 703-989-6641

Forest Glen Metro—\$2450, walk 3 blks to subway, 3 br/2 ba, Lr Dr, Fr, Plc, Eat-in Kitchen, Off-st prkg, fenced yard, Easy 495 access 240-286-3144

Forest Run/Dist Hghts—\$1683, 3 br, 2 fba, 2 1/5 ba, 3 lv TH for rent w/opt to buy w/eat in kitchen, sep DR, nr shops and metro 202-373-9173.

FORESTVILLE, MD.

2 BRs from \$999
+ add'l. \$500 off
1st Month's Rent!*

Why Look Anywhere Else?

- Large floor plans
- Lots of closets
- Minutes to Suitland and Branch Ave. Metro locations
- Minutes to DC, I-495
- Convenient Penn. Ave. location

Penn Mar

888-291-5635

- *limited time offer on select apts.

Glover Park

4031 Davis Pl., NW
202-250-6933

1 BR \$1395
ONE MONTH'S
FREE RENT!

- In Glover Park
- Close to Georgetown
- Metro Accessible
- Park-like Setting

William C. Smith & Co./EHO
www.wcsmith.com
rentnow@wcsmith.com

HOMES FOR RENT IN P.G. COUNTY—rent w/opt. to buy starting at \$1285 301-586-9179

GREENBELT Within Walking Distance to Metro

EMPIRIAN VILLAGE Has it All!

Spacious 1,2,3,4 BR Apt. Homes

Call About Our Specials!
Free Prorate if you move in by 3/31

No Application Fee
Foreclosure Applicants Welcome
5 Minute Pre-Approval
866-513-7965
9220 Springhill Drive
Greenbelt Md 20770

HYATTSVILLE

CONVENIENT TO METRO!

1 & 2 Bedroom Apartments

Lovely Setting
Nr. the New ARTS DISTRICT
Close to Shopping

CASTLE MANOR

Call TODAY! 301/927-8339

HYATTSVILLE/close to metro
Renovated 2BR apts. Call Diane at
Royal Oak Apts. 301-779-6037

HYATTSVILLE -3BR, 1BA, 1st mo rent 1/2 off,
\$1350/mo. **202.409.6414**

HYATTSVILLE

SPECIAL

1 BRs Apartments
starting
from \$675 and up!
Plus electric & gas

We also have 2 & 3 BRs!

Close to Public Transportation
and Shopping Centers.

CALL NOW
301-277-6610

JETU APARTMENTS

869 21st St

1 Bedroom Special \$725
If moved in by 3/14/09
2 Bedroom \$865
All Utilities Included

- Wall-to-Wall Carpet
- Resident Controlled Entry
- On-site Laundry & Playgrounds
- 24-hr. Emergency Maintenance
- Steps away from Cafe, Shopping & Metro

877-814-0692

William C. Smith & Co.
www.wcsmith.com

Landover

Summer Ridge

1 Month Free Rent
Plus \$100 off for 10 months

- **6 MONTHS FREE CABLE**
- NO APPLICATION FEE
- Modern Appliances/ Breakfast Bar
- Huge Walk-in Closet & Wall-to-Wall Carpet
- Onsite Laundry facilities
- FREE After Care for Kids 5 & Over
- Computer Lab, Large Pool & Basketball Court
- FREE Parking & Metro/ADA Accessible
- **5% Military, Government Discount***

866-658-4287

summeridgeapartments.net
1829 Belle Haven Drive, Landover MD 20785
Mon-Fri: 9-6 • Sat: 9-3

*Restrictions Apply

Leesburg—\$2050.00, 4 br+bonus br, 3 ba, 1 1/2ba, 3 Fls, 2 Car Attached gar, Balls Bluff Rd NE, Leesburg, VA, DW, deck, New Crpt, Form LR, WD, Hw Flrs, Plc, pool, 517-233-9533

MT RAINIER—Beautiful rms for rent. \$600. All utils. M/F, 301-220-1613

N.E. Short Term Furn. Apts—all utilities s & WIFI.
From \$299/wk **240-582-7584**
dcmethod@gmail.com

Newly Renovated 2 & 3BR, w/w carpet
Section 8 welcome. Starting at \$1400.
Call Jerome 202-321-5596.

NORTHEAST

Comfort-Convenience--
AFFORDABLE!

FORT CHAPLIN PARK

One Block from Metro
FREE off-street parking
Landscaped courtyards
1 & 2 BR apts/3BR townhomes
5% DISCOUNT TO ALL
METRO & DC GOV'T EMPLOYEES

CALL TOLL FREE 877-269-4216

4212 East Capital St N.E.
Housing Choice Vouchers Welcome where rents
are within voucher limits

NW- 3BR 2BA \$199/mo! Foreclosure. \$22,200!
Call 800-720-1316 x. 2321

NW-Cathedral Heights

3213 Wisconsin Ave., NW
202-253-4622

1BR: \$1195
½ Off First Month's Rent

- In Cathedral Heights
- Convenient location
- Walk to shops & Restaurant
- Laundry facilities in building

William C. Smith & Co./EHO
www.wcsmith.com
Rentnow@wcsmith.com

N.W. DC-Cathedral/AU-2BR, 2BA. Top floor corner unit; upscale kitchen, 24 hr front desk service. Garage prkg avail. \$2495 incld utils. **202-906-9200**

NW

Eddystone

1301 Vermont Ave., NW
888-432-0683

EFF From \$1250
ONE MONTH'S FREE RENT!

- In Dupont Circle
- Beautiful Brick Building
- Spacious Apartments
- Renovated Kitchens
- Hardwood Floors
- On-site Laundry Facility
- Walk to Metro

William C. Smith & Co./EHO
www.wcsmith.com
rentnow@wcsmith.com

Riverdale

Park Tanglewood
5309 Riverdale Road
Riverdale, MD 20737
866-836-3239

1BR with Bay Window: \$885
ALL UTILITIES INCLUDED

- Spacious Floorplans & Closet Space
- Electronic Entry System
- Balcony or Patio
- FREE Central Heat/Air Conditioning
- Dishwasher
- Free Parking

William C. Smith & Co./EHO
www.wcsmith.com

RIVERDALE—Studio, 1 & 2 BR from \$750. Patio/Balc, D/W, Lndry Rm, walk-in clst, pkgng, plygrd, nr Metro.
Delwin Realty 301-577-7917



CARMEL
Vienna Metro
APARTMENTS

TOP OF THE LINE AT THE
END OF THE LINE

BRAND NEW APARTMENTS
TWO BLOCKS FROM METRO
42" PHILLIPS LCD TV
STATE-OF-THE-ART FITNESS CENTER
WASHER & DRYER
STAINLESS STEEL APPLIANCES
GRANITE COUNTERTOPS
CONCIERGE SERVICES

CarmelViennaMetro.com

Experience **BRAND NEW**, top of the line finishes, luxurious interiors, and our state-of-the-art fitness center, movie theater and clubhouse with the convenience of the Metro at your doorstep.



6-Weeks FREE Rent from \$1650

2975 Hunters Branch Road | Fairfax, VA 22031
888-557-9391



Oxon Hill, MD

\$99 SECURITY DEPOSIT*

1MO FREE*

1 br's from \$801
2 br's from low \$900's
2 br's + den from low \$1,000's
3 br's + 1.5 BA from upper \$1,000's

- Controlled access
- **Metro bus stops here**
- Eat-in kitchens w/ breakfast bars
- Unexpectedly large living rooms
- Minutes to National Harbor

888-467-0886
*Select Apts. Call for details.

GRADY MANAGEMENT, INC.
Equal Housing Opportunity

Fox Hills North
1108 Kennebec St
gradymgt.com

\$40 Application Fee

FOREST HEIGHTS Park Forest

Instant Pre-Approval

YES YOU CAN HAVE IT ALL WITH US

- ✦ Close to Shopping
- ✦ Close to Transportation
- ✦ Free After School Program (ages 5 thru 12)
- ✦ Upgraded Apts Available
- ✦ Wall to Wall Carpeting
- ✦ Central air/heat
- ✦ Mins from National Harbor

1 BRs start at \$820
2 BRs start at \$905

625 Audrey Lane, Oxon Hill, MD 20745
877-221-7315
www.theparkforest.com

CAT FRIENDLY COMMUNITY Mon-Fri: 9am-6pm
Sat: 10am-5pm
Sundays Closed

EQUAL HOUSING OPPORTUNITY

SOUTHVIEW APARTMENTS

Get a Townhouse style Apartment with full customer service.

✓ STOP by to check out our 2 Bedroom apartments (1 Bedrooms also available).

Call for details at **888-801-3692**

1311 Southview Drive Oxon Hill, MD

Prices Start at \$940

Pre-approval on site.

We work with all credit scores, foreclosures, and bankruptcy.

A Southern Management Community
www.SouthernManagement.com

Equal Housing Opportunity

Classifieds

RENTALS

Rocklin Park
708 Lenmore Ave.
Rockville, MD 20852
301-294-9448

2 BRs from \$995

Inquire About Our SPECIALS!

- Great Location
- Remodeled Kitchens
- Wall to Wall Carpet
- Walk to Metro
- On Metro Bus Route
- Convenient to Shopping and Dining
- Housing Vouchers Accepted

William C. Smith & Co./EHO
www.wcsmith.com

Cascade Park Apartments
4236 4th Street

1BR \$695
2BR \$975
3BR \$1495
4BR \$1600

Newly Renovated
New Carpet, Tiling, and Kitchen Appliances
Apartments Available Today!
CALL For Move In Specials
202-562-1600
www.novodev.com

SE — 1-2BR apts nr. Grn Line. carpet, quiet bldg, -
703-912-4885 Leavv Message. Voucher approved

RIDGECREST VILLAGE
2000 Ridgecrest Ct. SE
Washington, DC 20020
(866) 505-8057

Beat March Madness
with \$400 Off 1st Month
Rent on our 2 BR Flats
ALL UTILITIES INCLUDED

- Large floorplans
- Spacious closets
- Wall-to-wall carpet
- Laundry on-site
- Off-street parking
- Free Shuttle Bus to Metro
- Convenient to shopping
- THEARC Just Blocks Away

William C Smith & Co./EHO
www.wcsmith.com

SE —1 BR apts, \$743 & up+elec. No Pets.
Call 202-265-4814 or 202-889-4083.
Fred A. Smith Co.

SE/3744 First St- Spacious 1BR off st prkg,
close to Metro, \$585+elec & gas Delwin Realty
202-561-4675

Eff: \$605
1 BR: \$775
2 BR: \$805- \$875

- Great location in a park-like setting
- Gas, hot water & heat included.
- Laundry facility on property.
- Intercom access to every bldg.



Banneker Place Apts.
Call for Specials
(202) 584-1688
Professional Mgmt. by CIH Properties

SE/FAIRFAX VILLAGE- Lg 1BR condo, W/W, patio,
nr Metro. \$765+elec. Security deposit Half Off.
Delwin Realty 301-608-3703 x 105

SE/LIVINGSTON RD—Large 2BR, 1st MO. FREE.
Incl. H/HW/gas, new kitchen & appliances, lg. clos-
ets, must have rental refs. \$895/mo 202-362-5919

SE WORTHINGTON WOODS
4419 3rd Street S.E.
888-790-1840

1 BR from \$675
2 BR from \$775

\$300 Off 1st Month's Rent!*

- FREE HEAT
- TOTALLY RENOVATED PROPERTY
- New Kitchens & Bathrooms
- New Playgrounds
- Laundry Facilities On-Site
- On-site Parking
- Adjacent to 295, 395 & the Capital Beltway
- Metrobus stop on site

William C. Smith & Co./EHO
www.wcsmith.com

*Must move in within 30 days of application

LANDOVER

Maple Ridge
888-583-3045
2252 Brightseat Road • Landover, MD 20785

- Gated Community
- Free Gas & Water
- State-of-the-art fitness center
- Free 6 week summer camp

Call now for our FANTASTIC SPECIALS

OXON HILL

Colonial Village
888-583-3047
908 Marcy Ave. • Oxon Hill, MD 20745

- FREE UTILITIES
- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
- Minutes to Metro, DC, Virginia, and 495

CALL ABOUT FANTASTIC SPECIALS

LANDOVER HILLS

Calvert Hall Apartments
877-203-6036
3817 64th Ave. • Landover Hills, MD 20784

- Gated Community
- FREE Gas & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street
- FREE APP FEE W/THIS AD

2 BR SPECIAL

HYATTSVILLE

Fletchers Field Apartments
866-805-0782
5249 Kenilworth Ave. • Hyattsville, MD 20781

- FREE UTILITIES
- Spacious and modern apts
- Wall to Wall carpet
- Dishwasher
- Private balconies/patios
- Free 6 week summer camp

FREE MARCH RENT*

*on select apts.

HYATTSVILLE

Fleetwood Village Apts
866-315-8849
721 Chillum Road • Hyattsville, MD 20783

- FREE WATER, GAS HEATING & COOKING
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- FREE APPLICATION FEE
- Free 6 wk summer camp
- Convenient to shops, schools and I-495

CALL NOW FOR OUR FANTASTIC SPECIALS!

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4
CALL FOR FANTASTIC SPECIALS!



YOU CAN'T BEAT THIS!
HUGE RENOVATED
1 & 2 BR Apts. from \$725

Friendship Court Apartments

NO APP FEE/\$99 Deposit

- Individually Controlled Central Heat & AC
- Wall-To-Wall Carpet
- Separate Dining Room with Chandelier

Call today for exciting details!
(202) 563-6968
Professionally Managed By CIH Properties, Inc.

SHEPHERD PARK Lg 4BR. 2.5BA. LR w/fpl & ceil fan. hdwd flrs & w/w. eat in kitchen. 1/2 fin bsmt. \$2575/mo. Delwin Realty 301-608-3703 x 105

Chase Ridge
APARTMENTS

1 Bdrm/1 Bath Apts, Starting at \$900
Plus an additional 1 month free rent

NEWLY RENOVATED APARTMENTS AVAILABLE

Swimming Pool | Fitness Center
Newly Renovated Clubhouse Coming Soon

301.890.2020
13615 Colgate Way | Silver Spring, MD 20904

SILVER SPRING

Free and Easy
Looking is Free, Renting is Easy

1 & 2brs from \$1016*

- 24-Hr. Fitness Center
- Washer and dryer in every apartment
- Sunny eat-in breakfast nook
- Convenient public transportation

ASHFORD at WOODLAKE
14175 Castle Boulevard
Silver Spring, Md. 20904
(877) 678-8539
www.ashfordatwoodlake.com
*on select apts. Call for details

Silver Spring—Forest Glen- \$1200, 1br,1ba condo, All Util incl, Close to Forest Glen Metro, New Kit, Hw Flrs, cac, 410-489-4040

Silver Spring - HUD home! 5 BR, 2 BA only \$238/mo! (4% down, 30 years at 8%) For Listings 800-585-3617 x.1543

RIVERDALE

1, 2, & 3 BR Apts Huge 2 BR Townhomes

Parkview Gardens

888-251-1872
6400 Riverdale Road • Riverdale, MD 20737

GATED COMMUNITY
Beautiful Kitchens - Granite Countertops

- Fitness Center on Property
- Beautiful Kitchens- Granite Countertops**
- Washer/Dryer**
- Outdoor & Indoor Pools
- Free 6 week summer camp

OPEN HOUSE
Fri., March 13, 8-6
Sat., March 14, 10-4
Sun, March 15, 12-4

- FREE March Rent*
- FREE Application fee
- FREE Great gift & refreshment
- Great Discount for 1 BR

**Select Units

Riverdale Village
800-767-2189
5409 Riverdale Road • Riverdale, MD 20781
*Select Apts.

- Roomy, Modern Apts
- Private Balconies/Patios
- Free 6 week summer camp
- Cathedral ceiling *select units
- 1, 2, & 3 BR AVAILABLE.
- HUGE 2 BR TOWNHOMES

FREE MARCH RENT*

LANDOVER

Kings Square Apartments
877-898-6958
3402 Dodge Park Road • Landover, MD 20785

- FREE UTILITIES
- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Free 6 week summer camp
- Security Deposit payment plan (call for details)

CALL NOW FOR OUR FANTASTIC SPECIALS

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4
CALL FOR FANTASTIC SPECIALS!



SILVER SPRING

ACROSS FROM FOREST GLEN METRO
CONVENIENCE -PLUS!

1 BEDROOM GARDEN APTS
UTILITIES INCLUDED

Ask About Our \$499 Move In Special

Forest Glen Apartments
CALL TODAY! 301-593-0485

Silver Spring

SAVE UP TO \$2000*

- New Appliances
- New Cabinets
- New Clubhouse,fitness & business center
- New Management

Woodvale
(866) 522-5427
*on select apts. Call for details

Silver Spring/Rockville - 3BR duplex 2FBA, fenced yard, OSP \$1,425.
Silver Spring/Langley Pk - 3BR duplex 1.5BA, yard, OSP \$1,450.
Silver Spring/Kemp Mill - SFH 3BR split level, 2.5BA. \$1850. 301-693-2175

SOUTHEAST

THE HEAT'S ON US!

HEAT INCLUDED IN RENT

Convenient to shopping, schools and major highways.
Dishwasher. Walk-in closets.
Wall-to-Wall carpeting.
5% DISCOUNT TO ALL METRO & DC GOVT EMPLOYEES

Meadow Green Courts
877-595-7389
3539 A Street SE

Housing Choice Vouchers welcome where rents are within voucher program limits

SUITLAND

\$100 off 1st Month!
1 & 2 BRs from \$750
SPECIAL LOW DEPOSIT!
UTILITIES INCLUDED!
SILVER HILL APTS.
Remodeled w/new Kitchens

- DIRECTLY ACROSS FROM METRO!
- Hardwood floors, Mini-blinds
- Laundry facilities on-site
- Free parking

301-423-3131

Suitland

CAPITAL CROSSING
Suitland, MD 20746

866-204-8061

1 BR Special \$799

- Newly Renovated Community
- Spacious Floor Plans
- Convenient to Metro
- Available for Immed. Occupancy

William C. Smith & Co./EHO
www.wcsmith.com

SW

\$150 OFF
the 2nd full month's rent

Eagle's Crossing
116 Irvington Street SW,
Washington DC 20032
(866) 416-1325

We offer:
W/W carpet, Central Air/Heat, Dishwasher, Laundry facility, Free Parking and a Perfect location on Metro line

M-F 9-5. Sat/Sun 10-4
Housing Choice Vouchers Welcome

SW

A GREAT PLACE TO CALL HOME!
SUN FILLED AFFORDABLE APARTMENTS

2 BR \$885.00
\$15 App. Fee

FREE GAS & HEAT

- W/W Carpet
- Gated Community
- Modern Kitchen with Breakfast Bar
- Laundry Room in Every Bldg

Friendship Crossing
(202) 563-6800
Professionally Managed by CIH Properties, Inc.

SW

THE COLONNADE
13 Forrester St., SE
888-865-0763

1BR \$695

ALL UTILITIES INCLUDED
FREE HEAT

- Controlled entry
- Near Shopping, hospital & schools
- Walk-in closets
- On and Off Street Parking
- Laundry Facilities on site
- On Metro Bus Route
- 24 hour emergency maintenance
- Adjacent to 295, 395, and the Capital Beltway

William C Smith & Co/EHO
www.wcsmith.com
rentnow@wcsmith.com

SW GALVESTON PL 4BR \$1295. CAC, 1st mo. rent free. 202-563-1791

Classifieds

RENTALS

RENTALS

NOW LEASING
Studio | 1BR | 2 BR
Call for Daily Specials
888.311.0910

GEORGIAN

8750 Georgia Avenue | Silver Spring | MD 20910
leasing@GeorgianApts.com | GeorgianApts.com

Welcome Home to the Village of Parklands

Customer Service...Shopping...Convenience...Recreation...

\$25 GIANT GIFT CARD with Apartment Application

1 BRs from \$695

GARDEN VILLAGE

1720 Trenton Pl., SE
1-866-286-2476

MANOR VILLAGE

1717 Alabama Ave., SE
1-888-875-2914

- Free Heat • Free Metro Shuttle
- Next to brand new IHOP & Super Giant
- Boys and Girls Club at THEARC

Office Hours Daily 8-5, Wed. 8-7, Sat. 9-2

www.villagesofparklands.com

William C. Smith & Co.

SOUTHWEST, DC

EXCELLENT & EXCEPTIONAL



201 I Street, SW, Washington, DC 20024

1.877.870.0243

M - F 9am-6pm, Sat. 10am-5pm, Sun. By Appt. Only
www.capitolparkplaza.com

Edgewood

Capitol Park Plaza

All Utilities Included

Studios start at \$850

- ★ Balconies with Great Views
- ★ Gated Community
- ★ Large Walk-in Closets
- ★ Fitness Center
- ★ Individually Controlled A/C
- ★ Covered Garage Parking
- ★ All New Kitchen Cabinets
- ★ Walk to Downtown, Waterfront, Metro, Shopping, Restaurants
- ★ Small Pets Welcome

Se Habla Español

Limited Availability, Restrictions Apply *On Selected Units



FREE UTILITIES • \$100 off per month*

• UNITS READY FOR IMMEDIATE MOVE IN* • 5% DISCOUNT FOR POLICE, FIRE, MILITARY* • SECURITY DEPOSITS FROM \$99*

New Lower Rents & 1/2 off 1st Months Rent

FORECLOSURES CAN HAPPEN TO GOOD PEOPLE TOO. SEE OUR LEASING AGENT & LEARN HOW TO RENT AT ONE OF OUR APT. COMMUNITIES EVEN IF YOU'VE HAD A FORECLOSURE.

DISTRICT HEIGHTS

Valleybrook Apartments

- Wall-to-Wall Carpet
- Private Patio or Balcony
- Individually Controlled Heat & AC
- Large Playground & Swimming Pool
- Bus stop at entrance to community
- Near Metro Shopping & Schools
- We pay gas/water*

888-230-3575

2128 County Road



United Investors
MANAGEMENT CORP

*See Manager for Details

Place your Classified
ad today.
202-334-6200.

express
expressnightout.com

Classified ads appear in Express
and The Washington Post.

XX437K 1x1.75



**WeekendPass makes
the weekend perform.**

Every Thursday in Express.

XX143d 1x1.75

TAKOMA PARK

**Come Join Us For Our
OPEN HOUSE
SATURDAY MARCH 14
FROM 10:00AM-3:00pm**

**BELFORD TOWERS
APARTMENTS**

1,2 and 3 Bedroom Apt. Homes Available

2 Bedroom Special \$999.00*

Contact the Leasing Office for More Information

301-270-6748

E-mail: belfordlease@beaconmanagement.com

Website: www.beaconmanagement.com

*Restrictions Apply

TEMPLE HILLS

1½ MONTHS FREE!!!

**1 Bedroom 1 Bath from \$799
2 Bedroom 2 Baths from \$1035
3 Bedroom 2 Baths from \$1250**

1-866-906-6857

Heather Hill Apartments

5837 Fisher Rd. Temple Hills, MD 20748
www.heatherhillapts.com

- Metrobus stop outside your front door
- Brand New Business/Entertainment Center
- Spacious Floorplans w/ large closets
- Swimming Pool
- Pets Welcome

Temple Hills

SAVE UP TO \$600*
FREE GAS HEAT & COOKING!
1,2 & 3brs starting at \$725

- Spacious rooms & closets
- Dishwasher
- Free Brinks Alarm System
- Convenient to Shopping

Harbour Manor
888-309-6929

4513 23rd Parkway
Temple Hills, MD 20748

- *on select apts, ask for details

TEMPLE HILLS

**Oxon Park And
Oxon Terrace Apartments**

One Bedrooms \$735.00/\$805.00

Two Bedrooms \$845.00/\$925.00

Move In Before February 28th and Get

\$350.00 Off Your 1st Month Rent

All Utilities Included

Ready for Immediate Occupancy—HURRY!!!

Features:

- All Utilities & AC Included
- Off street Parking
- Wall to Wall Carpet
- Two blocks from Southern Ave Metro

Call Us Today! 301-894-3030
Mon-Fri 9-5p Sat 9-3p

WALDORF - 2100 sf, 3BR, 2FBA, 2HBA, 3 lvl end unit TH, 1-car gar, gas fpl, hdwd flrs. W/D, patio, deck, fncd yard, conv to mall. \$2150/mo. **301-938-1981**

Windsor Crossing Senior Apartments for those 62+ or disabled is giving 1 MONTH FREE & waiving the app fee!! 1 & 2 bdrms. from \$655. Income restrictions apply. Enjoy upscale living at affordable prices. Call 301-669-6540

ROOMMATES

AAFB AREA - Furn'd rm, kitc privs. Nice area, \$550/mo. \$135/wk.
301-599-0803 C/301-518-0713

ACCOKEEK —bsmt for rent, in SFH, partially furn queit nght, priv entr/bath, \$950. 202-321-6800.

ALEXANDRIA - Rm avl in TH, nice quiet ngrhbd. 10 mins Metro. N/S, \$460. incl utls. Call **703-868-2270**

Annapdale — M, Furn Rm shr ba & kit, util, int & cable incl. Love cats. \$475+dep **571-432-7967**

ASPEN HILL/SIL SPG F to shr lux home, newly renov., formal LR, DR, \$550+ 301-654-8677 x223

CAP HTS — 2 BR for rent in SFH. \$600/mo + utls. No Pets /No smoking. Prkg avail. Call **301-772-6423**

Capital Heights - SFH to share, Non-Smoking. \$500 + 1/2 utilities. **301-801-0428**

Capitol Hill — Shr hse. Rms for rent \$200 wklly, walking distance to d'twn and metro, **202-412-6783**

Clinton — \$160.00, wk, 1 br, 1pr1 ba, AC, pool, cable, parking, 301-537-5433

College Park — \$575rm-\$675MBR avail immed-clean, NS, split util,nr publ. trans,sh kitchen 301-996-1710

Fairfax - WLK to METRO, 1br w/BA + w-i closet, N/S, shared TH, \$725. Call 540-325-9653

FALLS CHURCH —Beautiful. Rm w/shr'd BA avail in shr'd hse. Nr Metro. \$625 incl utls & Hi speed Internet. NS. **703-204-2279**

FT WASH Shr SFH. Fully furn Rm w/ refrig, microw, CATV, free phone, \$175/week. **202-253-6203**

GAMBRILLS Hse to shr. Furn rm. for M/F, W/D, \$600 incl. utls, cable & internet. Avail. immed. **410-695-2787**

GERMANTOWN - seeking roommate, furnished MBR available, share kitchen, hi-spnd i/net, \$650 incl utls. Call **571-235-9642**

HERNDON — Prof N/smoking to shr SFH. No Pets. \$150/wk. Utls incl'd. **703-401-5060**

HERNDON — TH to shr. Lg BR w/pvt BA incl caty. \$550 + utls. Call **571-226-7599**

HYATTSVILLE — Hse to shr 1 BR. Shr bath & kit. All utls incl phone, cable, \$575. Call **240-423-3166**

KENSINGTON - M or F to shr quality house built in 2006. 3 rms & bath, util./i-net incl. \$1050. **301-520-5179**

LEESBURG — Furn BR in SFH. 1 min to Greenway. \$650 incl utls. & Fios. 571-242-0922 or **703-349-6014**

MANASSAS — Professional person to shr furn TH, quiet & peaceful. Call **571-215-6531**

MANASSAS Shr TH, nr 234 Lg. Furn'd Bsmt. rm \$575. NS/NP 571-264-1156. 1 room \$435. 571-264-1156

MT. VERNON/FT. BELVOIR - room avl in , furn'd, utls, cable, inet. Nr shpg/transp, Mstr ste w/pvt BA, \$750; Small BR \$550. **703-799-3112**

NE/Fort Totten Metro — BR furn in Shr 4BR 2.5BA hse. N/S, \$775 & bsmt w/pvt entr & BA, W/D, cable & maid svc, pvt prkg, \$975 incl utls. **202-494-3692**

No Pot/Kentlands — F 1 Lg BR/w priv Ba furn/un, \$850 incl hspd int, cable, great loc, walk to stores theatres, pool, fit ctr, cls Metro & bus 301-642-5273

NW/726 Quebec Pl Lg newly renov. 3BR + den. 2 full BA, new hdwd & ceramic flrs. new kit. new BA. full fin bsmt. w/d, nr Metro. \$2550/mo. **Delwin Realty 301-608-3703 x 105**

NW/Upshur St. - Lrg furn'd rm in quiet shr'd hse, nr shpg, on busline, off-st prkg \$595/mo. **301-266-2989**

OLNEY — F shr 3 lvl TH, MBR w/own priv ba walk in clst, furn'd, \$600 incl utls. Avl now **301-534-4896**

RIVERDALE - 1 huge BR & closet in hse to shr w/quiet prof Fs. w/d. \$550/mo incl utls. **240-882-3952**

SE—Share Newly Renov. Fully furn. Cable, W/D, Jacuzzi Tub, Full Kit, Nr. Metro/Shops. **\$150/\$225 per wk. util. incl. Jasper St, 202-536-5586**

SIL SPG - N/S Shr hse. Furn rm, Cable/internet, pvt entr ance/bath, nr trans/shpg, prkg, safe area, \$650/mo. Util incl **301-962-7171**

SILVER SPRING —sh 2BR apt, 1BR avail w/private bath, w/d in unit, access to bus & shopping **240-273-6341**

SILVER SPRING - Rms for rent for Profs., wlkMetro bus, furn'd, Indry, pvt rm, internet, cable, \$500 & \$600 mo. 3 mo lse/longer. **301-503-6536**

SILVER SPRING — Shr rm in house, \$500/mo incl utls, near bus stop. **301-775-9032 or 301-728-1667**

STAFFORD - Rms in SFH to shr, on 3 ac wded lot, nr Quantico & 95. \$550 incl utls, w/d, sat TV. Call **703-975-8000**

TEMPLE HILLS —Prof. Female N/S shr SFH, conven. location, \$600+sec. dep, utls incl **301-449-8641**

Triangle/Dumfries - Basement for rent in shared house, all utls. \$775. Call **703-898-4852**

TYSONS CORNER Corporate 1BR suite in house to share, \$1395. 202-276-0533

UPPER MARLBORO — Female sh hse 1BR, \$550 bsmt \$800. w/private bath, w/d, **301-218-1113**

WOODBIDGE —Share TH. M/F, 1 rm avail, CATV, all amens. \$600 incl utls. Call **703.606.0359**

WOODBIDGE - Furn'd rm in lge TH, n/smkg \$525 utls incl, HDTV, gym, priv. Bath. **703-459-5119**

CONDOS FOR SALE

ALEX/WATERGATE AT LANDMARK - Update 1BR \$214K; Also 2BR/2BA gated comm, in/out pools, tennis, Metro Shuttle. \$219K. **571-277-1831**

CAP HILL OPEN SAT & SUN 1-5

AXIS CONDOS

1 BR starting at \$314K

2 BR starting at \$359K

All New Close to Metro

245 15th St SE

DCRealEstate.Com 202-719-9111

KALORAMA \$559,000

1939 Belmont Rd. NW #1120
Fabulous 2BR 2BA duplex approx .1000 sq ft. Fpl sep DR new S.S apps 10 ft ceilings extra storage space 1 car gar prkg, close to shops & Metro. **202-386-9494**

SW—1BR, upgrdnd condo in gated comm, off street prkg. Owner assist in closing cost. Price nego. Call 301-753- 8291

HOUSES FOR SALE

Atlanta/GA-Thinking about relocating or investing? Great foreclosure deals. From the \$40's. **Sylvester 404-617-2673**

BOWIE \$166,700 4BR, 3.5BA, 3 lvl. TH Bank Owned. **Ed Cunningham Exit Premier RE 301-669-0063 or 301-560-6700**

BOWIE - 3 lvl, 4BR, 2FBA, 2HBA, \$205,000 w/Deck Catherine Holrowyd, **Exit Premier Realty, 202-391-2347, 301-560-6700 x3104**

BOWIE—SFH. 3 Lvl. 4 BR, 2 car gar, \$230,000. For more info call Michael Jones, Exit Premier, 301-560-6700 or 301-257-8579

Buy a 4BR 2BA Foreclosure!
Only \$375/mo! (5% dn, 15 years@8%)
For Listings 800-585-3617 x.1137

Fairfax - 3BR 2BA. \$199/month. Foreclosure! For Listings call, 800-720-1316 x. 2234

NW- 3BR 2BA. \$199/mo! Foreclosure, \$22K!
For listings call, 800-720-1316 x. 2251

Silver Spg - 4BR 2BA. \$199/mo! Foreclosure, \$22K!
800-720-1316 x. 2322

STOP PAYING RENT—Grants up to \$15K. \$40K Income **All credit considered** Larry 240-381-1641

**STRUGGLING TO
PAY YOUR MORTGAGE**
Visit: www.searchnhomes.com
and click on HOPE IS HERE
Call Sarah, Move4free Realty 202-369-1460

**WE BUY HOUSES
ANY PRICE OR CONDITION
Do You Need To Sell Quickly?
WE BUY HOUSES FAST FOR 21 YRS**

Cash, No Contingencies, No Commission, No Fees
You Save \$\$. Buying in Maryland, DC & Virginia.
Brian, Re/Max 2000, 301-996-9695
www.ListOrBuyHomes.com
Brian@ListOrBuyHomes.com

REAL ESTATE SERVICES

BAD CREDIT— Removed from Credit Report. Guaranteed or your money back **202-775-6932**

Cashless R.E. Business Opportunity—Receive up to \$25K within 30 days. Must have 680 FICO, **877-797-3721**.

NO DOWNPAYMENT NO CLOSING COSTS.
Prince George's & Montgomery Cos. 100% Financing. Call **240-691-2610 Carol Williams.**

**WE DO THE LOANS
THE BANKS TURN DOWN**
Real Estate, Debt Consolidation & special situations loan regardless of credit score call **1-877-353-2233**
weapprove loans.com

**WE MODIFY LOANS
Reduce IR, Extend Terms, Fix Rate,
Provide Principal Reduction, Stop
Foreclosure, Loss Mitigation.**
Brian Re/Max 2000, 301-996-9695
www.ListOrBuyHomes.com
Brian@ListOrBuyHomes.com

COMMERCIAL REAL ESTATE

1629 K St, NW.—Join 600+ entrepreneurs. On demand ofcs, ph, mail, Net, incubator, other svcs. Plans \$55-\$200/mo. OSI **202-835-0680**

BETHESDA or POTOMAC—LCPC wishes to rent ofc space w/other LCPC, LCSW, or psychologist. Call **540-364-1220**

NE - Newly remodeled 470sf store frt or 1120sf top flr office spc @ 2379/2381 Rhode Island Ave., NE. Avail Immed **Thorpe & Assoc. @ 202-246-0205**

CARS

Cadillac 1972 Eldorado — Convertible, As-Is, \$2,499.99 obo, Needs-Restoration cond, 100,000+ mi, 202-535-2526

GEO 1997 PRIZM — 5spd stick, 4dr, black, runs great, 4 cyl, gas saver, \$1400. **202-744-7187.**

\$500! HONDAS FROM \$500!
Police Reposs!
For Listings, **800-585-3563 x. C400**

JUNK VEHICLES REMOVED FREE
CASH PAY FOR ALL 202-714-9835

Volvo 2004 S60 — R, \$17500 obo, Excellent cond, 32k mi, Navigation, Back-up Radar, Six-Speed Manual, Garage Kept **571-285-2283**



GEORGETOWN UNIVERSITY

SCHOOL OF CONTINUING STUDIES

Master's Degree

Flexible evening, part-time schedule.

Liberal Studies

American Studies | Catholic Studies | Classical Civilizations | Ethics and the Professions | Humanities | International Affairs | Islam and Muslim-Christian Relations | Literature and Society | Medieval and Early Modern European Studies | Religious Studies | Social and Public Policy | Theory and Practice of American Democracy | Visual Culture | Individualized Study

INFORMATION SESSION

Tuesday, March 10, 2009 | 6:30 p.m.

Georgetown University Alumni House
3604 O Street, NW
Washington, DC 20057

To apply or RSVP, visit
scs.georgetown.edu/mals
or call **202.687.8700**

NOW ACCEPTING APPLICATIONS



passion

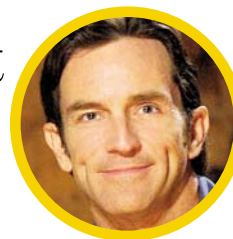
Transform your passions into your life's work. Engage in an intellectual exploration that will help you create new realities in your thinking and your world.

LOOK out

*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

‘Survivor’ host helps seizure victim | 30



Blog Log: Snow, then sun — weird weather | 28

Discussions: Stem cell funding questions | 28

Food

Top chefs, TV shows help introduce Spain's cuisine to U.S. diners

On the American dinner plate, Spain is a side dish no longer.

After years in the shadows of the cuisines of France and Italy, Spanish foods — and the men and women who craft them — are demanding and deserving main course treatment.

“Our gastronomy has never been as popular as it is now,” Ferran Adria, the famed avant-garde chef of el Bulli restaurant in Roses, Spain, said in an e-mail interview translated from Spanish.

In cookbooks and on television, Spain's cuisine has become a must-have. Traditional ingredients once limited to specialty shops — manchego cheese, Iberian and serrano hams, chorizo, sardines and anchovies — are now commonplace.

“People no longer think that Spanish cooking is paella.”

JOHN WILLOUGHBY,
GOURMET MAGAZINE

And some of the nation's hottest menus are headlined by Spanish chefs, including Jose Andres, whose restaurants include Washington's Jaleo, an eatery credited with putting tapas — Spanish bar food — in the American food chain.

Even this year's Food Network South Beach Wine & Food Festival — typically a celeb-fest tribute to the American food scene — was kicked off with an ode to Spanish cooking, complete with a dinner for Spain's King Juan Carlos and Queen Sofia.

“People no longer think Spanish cooking is paella,” says John Willoughby, executive editor of Gourmet magazine. “People are now starting to be more familiar with the ingredients. Traditional Spanish cuisine is pretty straightforward. It's not that hard.”

Despite that, Spanish cuisine had a slow start in the United States, partly for lack of a large immigrant population, says Andres, who was born in Mieres, Spain, and trained with Adria. Americans' constant quest for new tastes pushed the turnaround.

“This is not something that happened overnight,” he says. “Everything has been gradual. Fifteen years ago, Spain didn't even have a



TAPAS TREAT: Spanish cuisine, such as this appetizer of bonito fish with onion and tomato, has become popular in the U.S.

Spanish Sizzles

category in liquor stores in America. Now everyone does.”

Spain only recently found its culinary voice. During Francisco Franco's rule, the cuisine was rustic and simple because of poverty and poor-quality ingredients, says Anya von Bremzen, author of “The New Spanish Table” cookbook.

“After the death of Franco [in 1975], there was new awakening. They modernized very quickly,” she says. “If you start from scratch, you might as well go for the sexy stuff.”

Today, Spanish cooking is known for an unusual blend of ultra-avant-garde creations — so-called molecular gastronomy, in which liquid nitrogen has become a standard cooking tool — and more rustic fare, such as fabada, a pork and bean stew.

Dani Garcia, chef at Restaurante Calima in Marbella, Spain, calls Spanish cooking an art, one that has pushed and blurred the boundaries of food and science. Garcia, for example, uses liquid



MEDITERRANEAN TASTE: D.C.-based Spanish chef Jose Andres prepares a dish.

nitrogen to make “popcorn” from olive oil, sherry and tomato water. That innovative spirit has grabbed attention and respect.

And it was enough to team Mario Batali — a reigning voice of Italian cooking in the U.S. — with actress Gwyneth Paltrow and food writer Mark Bittman in “Spain: On the Road Again,” a travelogue-style television show chronicling great eats across Spain. And it brought Andres to American viewers in public television's “Made in Spain.”

Though clearly happy to push Spanish cuisine, Batali doesn't see it diminishing Americans' love affair with Italian food.

“I don't think it will take over. It will certainly have a place,” he said.

Grant Achatz, whose Alinea restaurant in Chicago is a leader of the molecular gastronomy movement, agrees that Spanish food itself is unlikely to topple other cuisines from the top of the American food chain, but the techniques Spain's chefs have pioneered will linger.

“They have a lot to do with this new way of looking at professional cooking. ... It's more the philosophy,” says Achatz. “It was a natural evolution; they just sped up the process.”

LISA ORKIN EMMANUEL (AP)

LOOK out Online

express
nightout

>> EXPRESSNIGHTOUT.COM

FILM

Good Evening

Alfred Hitchcock made us terrified of showers, birds, heights — literally anything could become creepy paranoia in his hands, following us into our nightmares as we cuddled into bed each night. March 12 is Alfred Hitchcock Day, and Roxana Hadadi lists his top-five influential ideas. | ONLINE NOW



MUSIC

Indestructible Soul

Few bands can last 20 years — if group drama doesn't get them, suffering sales might. But for punk mainstays the Bouncing Souls, it's just what a family does. Roxana Hadadi spoke to guitarist Pete Steinkopf about the group's 20th anniversary tour, which hits Baltimore on Thursday. | ONLINE NOW

SOCIAL NETWORKING

Thank You for Being a Friend

Everybody's on Facebook these days — including Express. And if you join our fan page, you can access special features, read a feed of our blog posts and be among the first to know about our events. Just go to Expressnightout.com/facebook to join our merry band. | ONLINE NOW



poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

DO YOU THINK GRAPHIC NOVELS ARE GOOD SOURCE MATERIALS FOR MAKING MOVIES?

YES 50%

NO 50%



"A good story" is a good story, irrespective of its medium. Therefore, whether a graphic novel translates well to the big screen is entirely the responsibility of the director."

COMMENTER DIOGENES, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "DO YOU THINK GRAPHIC NOVELS ARE GOOD SOURCE MATERIALS FOR MAKING MOVIES?"

Any film student

can tell you that there are only 37 core plots in fiction. They've all been used and reused — the goal is to make it interesting, engaging and relevant."

COMMENTER DEMONFAFA, WHO ADDED, "BOTTOM LINE: A GRAPHIC NOVEL CAN BE EXCELLENT SOURCE MATERIAL IF IT'S ANY GOOD."

Define a moviemaking

source — it means there is no original thought or imagination left in Hollywood."

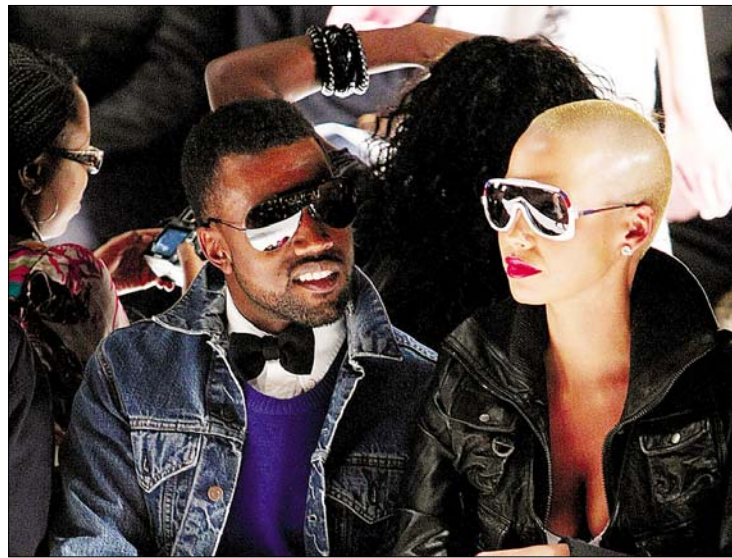
COMMENTER ANONYMOUS, WHO ADDED, "AS EVIDENCED BY THE CONSTANT REMAKING OF CLASSICS, ADAPTING EVERY COMIC BOOK AND SEQUELS TO EVERYTHING ELSE."

SEE HOW YOUR METRO STATION VOTED AT EXPRESSNIGHTOUT.COM/POLLCENTER

Blog LOG

"I can't believe it snowed a week ago, but [Sunday] it was so beautiful [that my kids] ate breakfast on the [front] porch."

LUMPYHEAD.BLOGSPOT.COM WAS GLAD TO SEE TEMPERATURES REACH THE 70S OVER THE WEEKEND, AFTER SNOW FELL IN THE REGION AT THE BEGINNING OF LAST WEEK.



ANDREW H. WALKER/GETTY IMAGES FOR IMG

"What justifies someone as the crazy cat lady? For two years I worked part time on the weekends at an animal hospital. During that time I accumulated four pets."

CAPITOLHILL20210.BLOGSPOT.COM ADDS, "AM I DOOMED TO A LIFETIME OF BEING SINGLE BECAUSE I HAVE PETS? ESPECIALLY CATS?"

"I AM SO GRATEFUL that the stem cell 'ban' was overturned. Right now we have two embryos on ice. If this pregnancy works out (and it is looking good!), we won't have more children. Two is all we can afford mentally, physically, financially and emotionally."

DCFULLEST.LIVEJOURNAL.COM OTHERWISE WOULD HAVE HAD TO CHOOSE BETWEEN LONG-TERM STORAGE FOR OR DESTRUCTION OF HER EMBRYOS.

"And all this time, I thought Kanye would come out of the closet and shock the world, but, obviously, that's not the case."

BASTARDLY.COM, WAS SURPRISED TO FIND OUT THAT RECORDING ARTIST KANYE WEST'S GIRLFRIEND IS MODEL AMBER ROSE, AFTER THEY WERE SPOTTED TOGETHER DURING FASHION WEEK IN PARIS.



Discussions

Stem Cell Funding

DAVID SCADDEN, M.D., co-director of the Harvard Stem Cell Institute, was online Monday to discuss the executive order signed by President Obama to lift the ban on federal funding for embryonic stem cell research.

How can we be sure that "strict guidelines," as President Obama said, will be followed so this ban will not encourage human cloning? Reproductive cloning takes many steps, much research and much money. By putting barriers in the way in each of these areas and at each step, the government will virtually assure this cannot be done. Might some group of rogue individuals attempt it somewhere? They might, but the

difficulty getting all the expertise and pieces in place makes it extremely unlikely.

Who will oversee the research?

All research that is federally funded is overseen by the agency that funds it. All research involving human subjects has additional layers of oversight (institutional review boards) acting according to guidelines issued by the government. We anticipate that the same will apply to stem cell research and understand that the National Institutes of Health has been asked to formulate specific guidelines in this area within the next 120 days. That interval would be before any funding would likely occur.

If Christopher Reeve were alive, what would this mean to him and his individual condition?

There is a clinical trial using embry-

onic stem cell-derived cells that is to begin for acute spinal cord injury patients this summer. Christopher Reeve had a long-standing injury, and this first trial is only for acute injury and is really intended to determine the safety of the cells. However, it is a start.

Will raising money be hard for this effort, in light of the state of the economy?

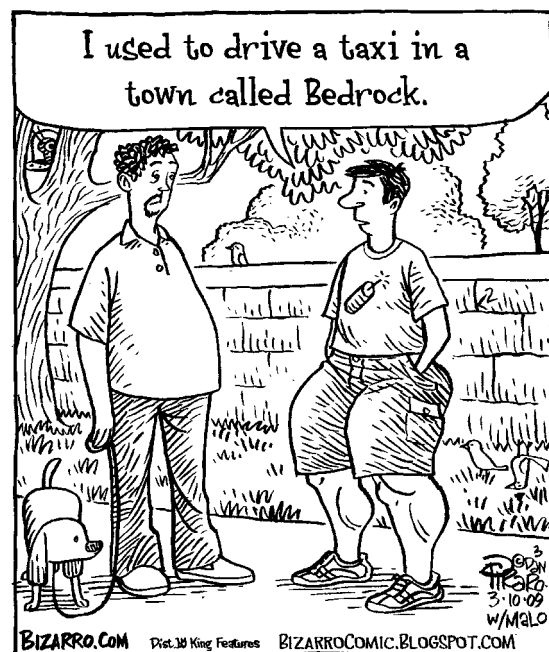
Absolutely. This is a time of great promise in the science and a great challenge in finding the funds to drive it to fruition. Being able to compete for federal money now is a great first step, but philanthropic money is what fuels the most innovative work.



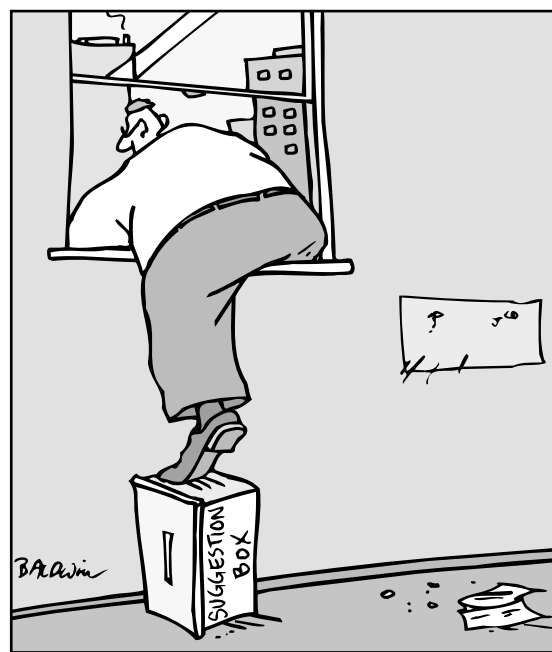
TODAY ON DISCUSSIONS:

Calling all foodies! Join us Tuesdays at 1 p.m. for What's Cooking, our live online culinary hour with Kim O'Donnell. | washingtonpost.com/discussions.

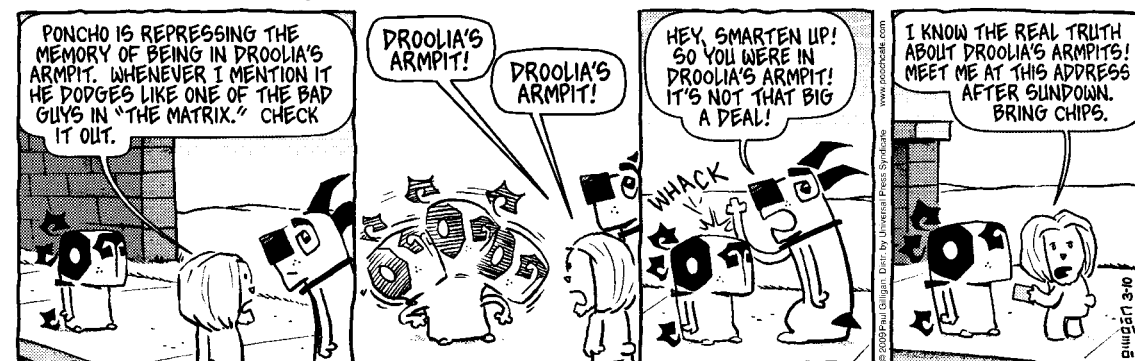
Bizarro | Dan Piraro



Cornered | Mike Baldwin



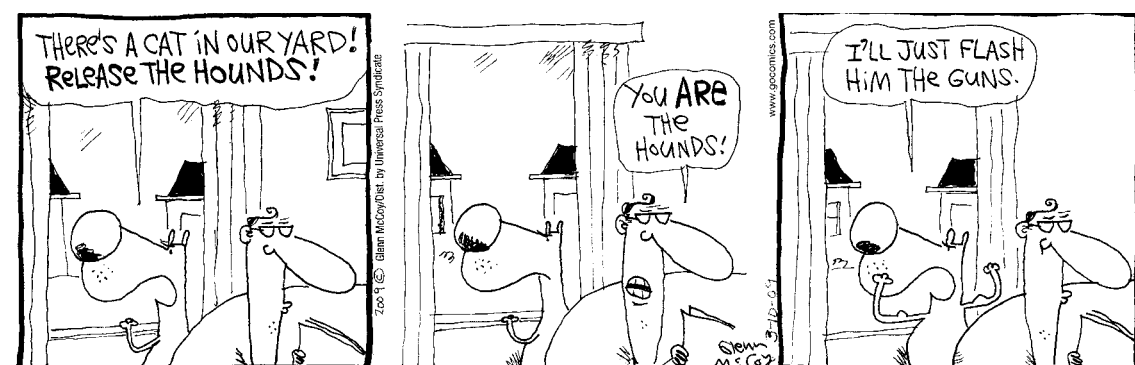
Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Horoscope

By Stella Wilder

PISCES (Feb. 19-March 20) Wherever you find a rift of any sort, your unusual ability to close it and heal those on either side will serve you and others well.

ARIES (March 21-April 19) If it's help you're looking for, you can certainly find it—but not in the usual locations. Help comes from a surprising place.

TAURUS (April 20-May 20) It takes more than talent to get done what you have to get done—it's going to take experience and a cool head, too.

GEMINI (May 21-June 20) There's no reason to keep your plans or methods to yourself at this time. It is likely that others will benefit from what you know and do.

CANCER (June 21-July 22) What started big some time ago is likely to get only bigger—but not all at once. The pace might seem slow, but potential is high.

LEO (July 23-Aug. 22) Any attempt to win over your critics must come

from the heart. Doing something that isn't really you can only work against you.

VIRGO (Aug. 23-Sept. 22) Something in the headlines is likely to strike you, inspiring you to do something quite unusual for a surprising cause.

LIBRA (Sept. 23-Oct. 22) The only thing worse than being talked about is not being talked about—but, of course, even you can have a bit too much publicity.

SCORPIO (Oct. 23-Nov. 21) The complexity of a current situation may escape you—but only for a short time. Soon, you'll realize what's really going on.

SAGITTARIUS (Nov. 22-Dec. 21) You may be fortunate enough to find yourself in exactly the position you had hoped to be in—and yet something may still be missing.

CAPRICORN (Dec. 22-Jan. 19) You may feel as though your time has passed—but in fact a major opportunity could be just around the corner. Don't miss it.

AQUARIUS (Jan. 20-Feb. 18) As soon as you let go of any preconceptions, you're likely to come to a better understanding of the people around you.



Gov. Eliot Spitzer apologized March 10, 2008, after scandal allegations came out.

Today in History

1876 The first successful voice transmission over Alexander Graham Bell's telephone takes place in Boston as his assistant hears Bell say, "Mr. Watson, come here—I want to see you."

1949 Nazi wartime broadcaster Mildred E. Gillars, also known as "Axis Sally," is convicted in Washington, D.C., of treason.

1969 James Earl Ray pleads guilty in Memphis, Tenn.,

to assassinating civil rights leader Martin Luther King Jr.

2004 Teenage sniper Lee Boyd Malvo is sentenced in Chesapeake, Va., to life in prison for an October 2002 killing spree in the Washington, D.C., area that left 10 people dead.

2008 New York Gov. Eliot Spitzer apologizes after allegations surfaced that he had paid thousands of dollars for a high-end call girl, a scandal that eventually led to his resignation.

PostPoints DAILY CODE UU

LOOK

out

People



MATTHEWBROWAP

'Stop focusing on the money, Burns!'

WHEELS

Man Freely Admits Biking To Work Has Pros and Cons

General Motors Corp. is ending its 22-year support for Emmy Award-winning documentary filmmaker **KEN BURNS**. GM spokeswoman Kelly Cusinato says the financial crisis "has forced GM to rein in such spending." (AP)

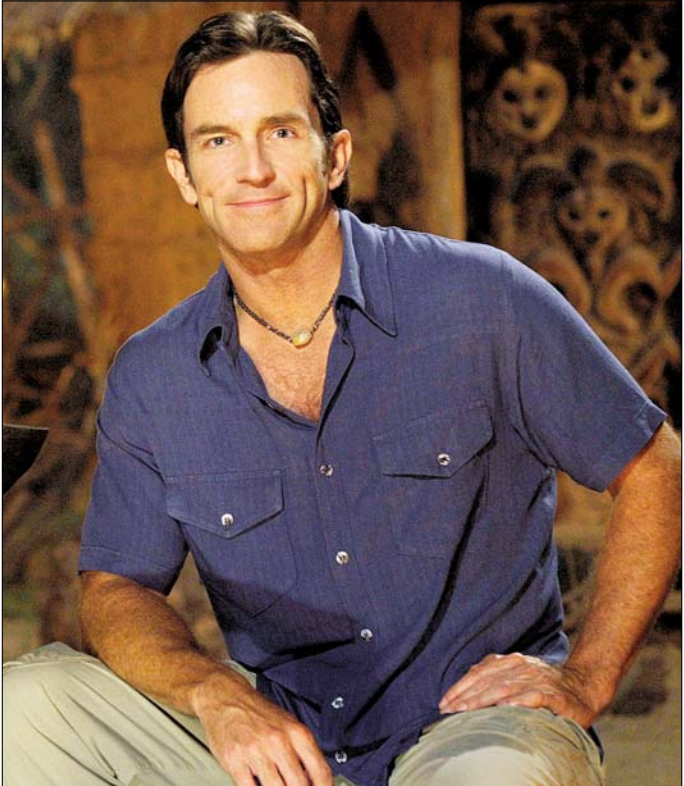
LEGALITIES

Study: Violent British Women Likely to Stay Home

Amy Winehouse won't perform at the Coachella festival next month. Spokesman Chris Goodman said Monday that Winehouse has been denied a U.S. visa in "light of current legal issues." (AP)

expressnightout

→ Find the latest celebrity news and photo evidence of stars' sordid lives at [WWW.EXPRESSNIGHTOUT.COM](http://www.expressnightout.com).



CBS

REAL LIFE

Survival Skills

The host of CBS' reality TV staple "Survivor," **JEFF PROBST**, demonstrated his skills when he helped a camera operator who suffered a seizure Sunday night. Probst was attending the taping of the Academy of Magical Arts Awards when he came to the rescue of the woman, catching her before she fell to the ground, reports Eonline.com. (EXPRESS)



SICKNESS

Teeny-Tiny Scandinavian Microbe Fells Mighty Metal Giant

Organizers say 16,000 fans of the heavy metal group Metallica had to leave the Stockholm Globe Arena without seeing their heroes perform after lead singer **JAMES HETFIELD** was taken to the hospital. Spokeswoman Carolina

A virus erased Hetfield's entire playlist Sunday.

Satterwall says Hetfield caught a stomach bug Sunday and suffered dehydration but left the hospital that evening. He has returned to the United States with the rest of the band. Drummer Lars Ulrich said the band members were "truly, truly, truly sorry." (AP)

ASPIRATIONS

Self-Inflating Ego Sales Up

People magazine has confirmed that erstwhile "E.T." star **DREW BARRYMORE**, 34, is being considered to direct "Eclipse," the third movie in the blockbuster teen vampire saga that launched with "Twilight" last year. "I'm one of the directors that



is being talked about, which is great, because I'm a director now," Barrymore said. "But, you know, they'll make their choice." "Eclipse" is slated for a summer 2010 release. (AP)

COMMUNITIES

Facebook to Add 'Textile Settings' for Lonely Vegans

PINK, 29, in Paris for Fashion Week, joined **STELLA MCCARTNEY** at the launch of a PETA campaign. The pop star announced she would never befriend a designer willing to show fur. "Killing animals for their skin is disgusting," said the platinum blonde. (EXPRESS)

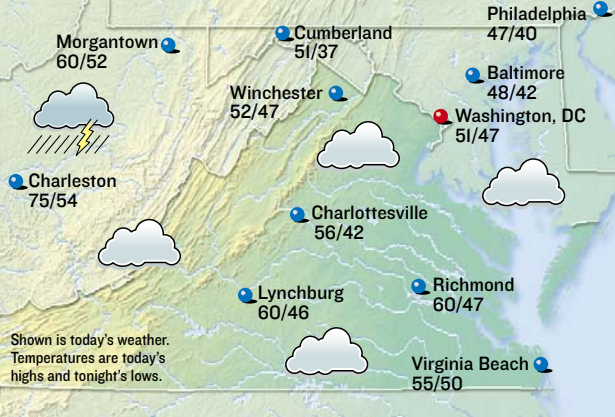


Close enough not to talk to each other.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Cooler, rain	Mostly cloudy, mild	Cloudy, a shower, warmer	Partly sunny, cooler	Mostly cloudy, chilly	Mostly cloudy, rain possible
51°	47°	65° / 39°	48° / 35°	43° / 31°	48° / 38°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2009

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High 68°

Low 50°

Normal high 53°

Normal low 35°

Average humidity 44%

Precipitation

24 hours ending 4 p.m. 0.00"

Month to date 0.50"

Normal month to date 1.04"

Year to date 3.53"

Last year to date 7.15"

Normal year to date 6.88"

For up-to-the-minute weather, see: washingtontimes.com/weather

Regional Forecast

D.C. Metro: Today, mostly cloudy, a little rain, cooler. High 51. Wind south 6-12 mph. Tonight, mostly cloudy, mild. Low 47. Wind south 7-14 mph.

Sun and Moon

Sunrise today 7:27 a.m.

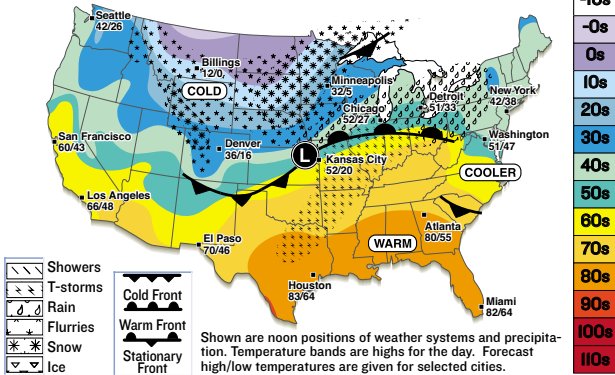
Sunset tonight 7:10 p.m.

Moonrise today 7:03 p.m.

Moonset today 6:57 a.m.



National Weather for Tuesday, March 10



National Cities

City	Today	Wed.
Atlanta	Hi/Low/W	Hi/Low/W
Boston	41/34/pc	47/31/r
Chicago	52/27/t	33/13/pc
Dallas	81/48/t	49/41/r
Denver	36/16/pc	39/17/pc
Honolulu	79/68/c	80/67/s
Los Angeles	66/48/s	66/48/pc
Miami	82/64/s	82/67/s
New York City	42/38/r	52/37/r
Orlando	84/57/s	84/59/s
Seattle	42/26/pc	45/30/pc

World Cities

City	Today	Wed.
Amsterdam	Hi/Low/W	Hi/Low/W
Athens	47/36/r	47/37/pc
Berlin	61/44/s	59/49/pc
Buenos Aires	41/32/sh	42/34/c
Calgary	79/66/pc	79/64/pc
Dublin	-1/-13/pc	21/4/pc
Geneva	48/45/pc	52/43/sh
Moscow	41/37/r	46/33/c
Rome	36/30/sn	34/30/sf
Sydney	55/45/s	57/37/pc
Tokyo	73/63/pc	72/61/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

LOOK out

CROSSWORD | BENJAMIN BUTTON EFFECT

ACROSS

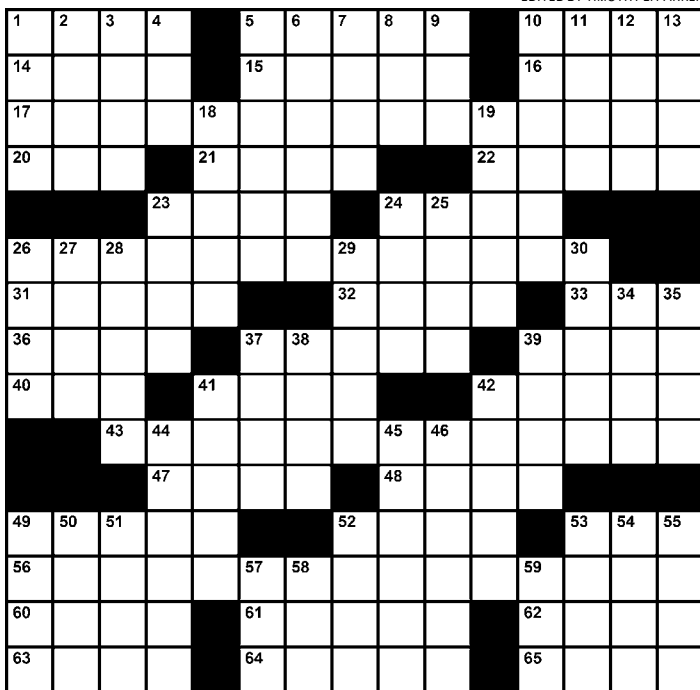
1 Some soccer game observers
5 Must, informally
10 A shortening, in more ways than one
14 Albany-to-Buffalo canal
15 Where the deliciously happy walk
16 Ancient Semitic idol
17 Corporate big shot
20 "All systems go"
21 503, in Roman numerals
22 "David" and others
23 Crusty piece of bread
24 Soap and water creations
26 Women's volunteer organizations
31 Driver's 180
32 Gomer of classic TV
33 End of many URLs
36 Lay off, to a batter
37 Determine if it's gold
39 Opera goddess
40 Pronoun for a ship
41 Capital on a fjord
42 Errand boy
43 Rookie of the year's concern
47 Selected, as straws
48 1949 milit. alliance
49 One place to flounder
52 It has a primed and painted body
53 High mountain
56 Congressional rookie

60 British isles

61 Ed with seven Emmys
62 Bindlestiff
63 Civil rights activist Parks
64 The mating game
65 Israeli novelist Oz

DOWN

1 Western plateau
2 Cookie since 1912
3 Expensive fur
4 Cinque follower
5 With more bloodshed
6 "Ah, Wilderness!" dramatist
7 "Cash Cab" vehicle
8 Secure, as an apron
9 Apparent moon path
10 Kind of triangle
11 "The best ____ schemes"
12 Wasp's nest setting
13 Cheers for a banderillero's superior
18 "____ a Grecian Urn"
19 Exceeding what is appropriate
23 Word that rhymes with its opposite
24 Dionne Warwick's "I ____ Little Prayer"
25 Hardly handsome
26 Sticks out or protrudes
27 45th state
28 Microwaves, informally
29 England's ____ Downs

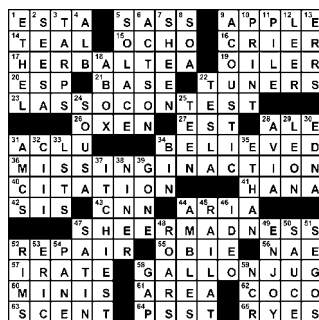


EDITED BY TIMOTHY E. PARKER

30 Jules Verne milieu
34 Kitchen hot spot
35 Noted critic of capitalism
37 Tennis legend Arthur
38 Tap the brakes
39 Martial arts school
41 O founder
42 Advance in age
44 Port city on an arm of the Black Sea
45 Heavy burdens
46 Many Consumer Reports employees

49 A long way off
50 Small jazz combo
51 Places for making soaps?
52 The Bard's wife
53 Fermi's fascination
54 Wolf in the western U.S.
55 Crackerjacks
57 Brit's raincoat
58 It's grate stuff
59 Sound of insight

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su[doku]?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

5	3	8	4	2	6	7	9	1
7	1	9	8	3	5	6	2	4
2	4	6	7	9	1	3	8	5
3	5	4	1	6	2	8	7	9
9	7	2	5	4	8	1	6	3
8	6	1	9	7	3	5	4	2
4	9	5	3	8	7	2	1	6
1	2	7	6	5	4	9	3	8
6	8	3	2	1	9	4	5	7

			8	7		1		
6			3			8		
	8	2				4		
2			1		6		8	
8				9				6
	9		7		8			3
		5				7	6	
		4			5			1
7			6	2				

© PUZZLES BY PAPPOCOM

Join the annual KIPP DC fundraiser on March 20th at the ESPN Zone:

- Open bar and dinner buffet
- Silent auction with sports memorabilia, vacations, and other exclusive items
- Raffle ticket, \$20 game card, and more!

Watch the opening round of the men's NCAA tournament with Redskins Quarterback Jason Campbell

Tickets \$200 or mention the Express and get 2 tickets for \$300 in advance. Visit: www.kippdc.org/express or call 202-223-4505 for more information.

KIPP DC

All proceeds support KIPP DC public charter schools.



The shortest path to success in the fastest growing career field

Strayer University Information Systems programs

We fit your life.

Computer-related jobs are the fastest growing career field.* And the shortest path to success is Strayer University. Complete our certificate and diploma programs in as little as twelve months. Or earn your bachelor's or master's degree in just 2 to 4 years. Designed for working adults, our programs in the high demand areas of computer systems, networking, and information technology let you attend classes on campus or online or through a combination of both. In the fastest growing field, your career can grow faster with Strayer University.

Call today. Spring classes begin the week of April 13.

*Bureau of Labor Statistics, Table 3b. Fastest growing occupations, 2000-10

13 Campus Locations in:

- > Northern Virginia
- > Washington, DC
- > Baltimore
- > and online



1.866.873.4941

<http://express.strayeruniversity.edu>

Certified to operate by SCHEV

Strayer University is accredited by the Middle States Commission on Higher Education

express

PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM | EDITOR—DAN CACCAVARO | WEB SITE EDITOR—GREG BARBER
ART DIRECTOR—SCOTT MCCARTHY | ASSISTANT MANAGING EDITORS—KATE GIBBS, MATT SWENSON | ARTS EDITOR—ARION BERGER
FEATURES EDITOR—JENNIFER BARGER | SECTION EDITORS—KATIE ABERBACH, KRIS CORONADO, KARMAH ELMUSA, VICKY HALLETT, BETSY
LOWTHER, CHRISTOPHER PORTER, DUSTIN WEAVER, DARONA WILLIAMS, CLINTON YATES, FIONA ZUBLIN | ASSISTANT ART DIRECTOR—ALYCE JONES | EDITORIAL
DESIGN—MARCIA HARDER | COPY CHIEF—AIMEE GOODWIN | PRODUCTION SUPERVISOR—MATTHEW LIDDI | PHOTO ASSISTANT—CHRIS COMBS | PHOTOGRAPHER—
MARGE ELY | PUBLISHED BY EXPRESS PUBLICATIONS LLC PO BOX 17370, ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY
TEL: 703-469-2800 | FAX: 703-469-2831 CIRCULATION: 202-334-6992 | ADVERTISING: 202-334-6732 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200



Help Yourself by Helping Others

Train for a **HEALTHCARE CAREER!**

MEDICAL ASSISTANT

training includes:

Phlebotomy

Checking Vital Signs

Running Diagnostics



MEDICAL OFFICE

training includes:

Billing & Coding

Records Management

Claims Processing

Diploma and Degree Options Available



The Sanz Advantage

- **Quality Training since 1939**
- **Financial Aid** If You Qualify
- **Day, Evening or Weekend Classes**
- **Degree and Diploma Programs**
- **DC, MD and VA Locations**
- **Job Placement Assistance**



1 (877) 314-0606



Accredited
by COE

www.sanz.edu

GO!

Programs and schedules may vary by campus



State Council of
Higher Education
for Virginia

fit



Cyclists are ready to roll and alter urban transportation **E5**

Got milk facts? The whole truth about the dairy drink **E6**



Put your noggin to the test to up your mental abilities **E7**

express

EXPRESSNIGHTOUT.COM | EXERCISE, NUTRITION AND WELLNESS TO MAKE YOU LOOK AND FEEL YOUR BEST | MARCH 10, 2009



A GROUP EFFORT

A QUARTET OF LOCAL EXERCISE CLUBS BUILD COMMUNITIES AS THEIR MEMBERS GAIN MUSCLES AND FRIENDSHIPS ON A BUDGET **E4**



GETTY IMAGES

BaggageCheck

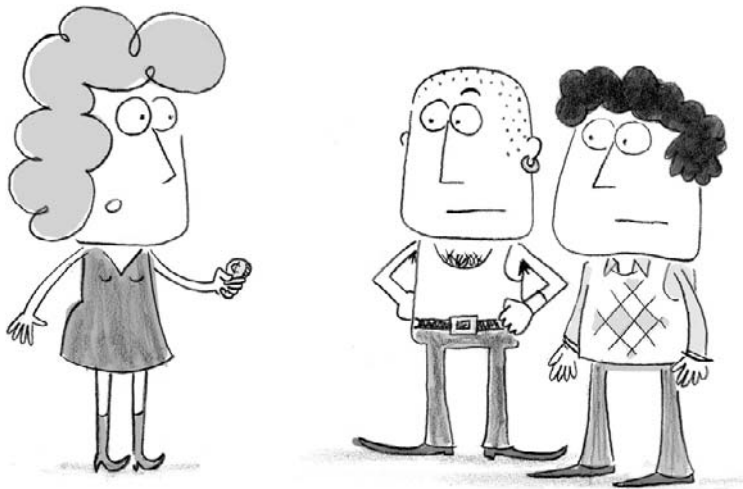
GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



Tell Her What's Eating You

Q I am dating a woman who can be very difficult about food. Specifically, she comments on my food, is annoying about which restaurants we can eat at, what people should eat to be healthy, what is gross, etc. She met my parents for the first time recently and was very difficult during the meal; she had to have everything a certain way. She is a great woman in a lot of ways, but I can't stand this food stuff. It makes every meal a battle, and it makes her very difficult to be around. Please give me hope that I can change her.

— ANNOYED IN D.C.



“OK Spike, you call it.”

ERIC REECE

There are a lot of food quirks that can be overlooked in a loving relationship: a dark chocolate habit, a terrorizing fear of mayonnaise, an unusually strong set of opinions about paprika. But being “very difficult” about food in so many ways, so much of the time, is not one of

them.

I'm hesitant to make pronouncements here, not just because my soapbox is in the shop.

A variety of things could be going on. She might have some issues with eating and body image,

she might have an overly controlling personality, or she might just be a foodie gone wild. Regardless, the effect on you is the same: It's quite frustrating to be around, and it's hard to ignore. So, start by being honest with her about your

discomfort.

This isn't about changing her. This is about seeing whether she is willing and able to make some changes herself, and perhaps meeting her along the way in her attempt to do so.

It's also about being honest about the underpinnings of this trait — are there other rigid aspects of her personality? Are there signs that she might be unhealthy fixated on weight or the way her body looks? Are things really, truly peachy-keen otherwise (as long as peaches themselves aren't involved)?

Have a talk and see where it goes. Give her your gentle but honest feedback and then the time to try to make changes. But if it's not something she can acknowledge and work on, don't hold your breath about it ever getting better.

The ‘Bad Boy’ Attraction

Q I am currently seeing two guys, and I am having trouble deciding between them. They are both decent and kind, but one of them is much

more of a “bad boy” than the other. My friends think I should go for the safe bet, but the bad boy is more interesting to me. He is not really a bad boy per se, but has a sketchy past and doesn't take crap from anyone.

— HELP, PLEASE

Is there a door No. 3?

I am trying to imagine a scenario in which there are two romantic prospects who can really be boiled down into “bad boy” versus “non-bad boy,” as if all other characteristics of theirs are equal. I'm coming up with a “Sweet Valley High” subplot.

If the feeling is not swaying you toward one of them over the other, you either need more time or you need to give both contestants the heave-ho. You say the bad boy is “more interesting,” but is that in a good way?

It's time to do some honest thinking. Not to bite the hand that feeds me, but if you're asking a stranger who to pick, that's not exactly an endorsement of either of them.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

GUARANTEED & PROVEN

LOSE INCHES, POUNDS OF BODY FAT
Small Classes for Women-Only
Deep Core/Bike & Lift Program

Washington's original

GI JANE BOOTCAMP

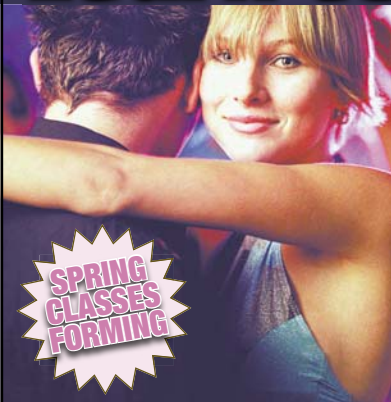
Car Barn Complex, 14th Street, NE

202-547-7906

gijanefit.net

Real results in as little as 4 weeks

Learn to Dance!



- Personalized, one-on-one lessons from highly trained professional dance teachers.
- Attend daily/weekly group lessons and fun-filled practice parties
- A great way to socialize, exercise and meet new friends.
- Couples and Singles Invited

Phone today and make an appointment!

Alex/Landmark 703-751-4336 Tysons Corner 703-556-0088 Bethesda 301-657-2700
Gaithersburg 301-590-0387 Silver Spring, Hwy. 29 N. 301-681-4466

Columbia 410-772-7880

Ashburn 703-729-7055



www.arthurmurraydc.com

What you do on the dance floor is our business!



Don't miss a beat.



Penn Quarter

Concerts, movies, events, restaurants and more.

express
nightout
expressnightout.com

Look for site highlights in today's Express.

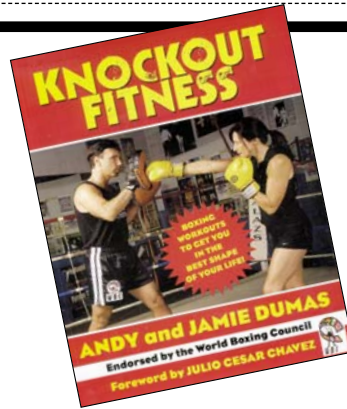
Get **fit**

Tuesdays in Express

A weekly section about how to look and feel and be your best.

express

A publication of The Washington Post



GUINEA PIG



Out of Gas

■ Your mission: Try not to giggle while we tell you about Subtle Butt (\$10.49 for “five saving graces,” Drugstore.com), square patches you stick into your underwear to block any odors that might emerge from your keister.

In theory, they manage to neutralize gas with a thin layer of carbon. In reality, however, we're not sure stickers have that kind of power — although we do appreciate the helpful advice on the packaging that “Subtle Butt can be applied to thongs by wrapping and securing it around the back.”

For our test, we peeled the adhesive strips off the sides of the “graces” and placed them appropriately. And then we tried to fart. But it turns out, social pressure has an inverse effect on gastrointestinal pressure. We ate beans, broccoli and cheese, and even drank bubbly beverages with straws. Nothing. Well, except for one that made a lot of noise (which is not blocked by Subtle Butt). But it didn't seem like a stinky one. Or was that the power of Subtle Butt? One thing's for sure: It left black flecks of carbon in our underwear. Ew. (EXPRESS)



SHIELD OF DREAMS

Attention, spring breakers! Make sure your beach vacation doesn't leave you red and itchy: Pack Supergoop Bug-Away Spray (\$16, Supergoop.com). The clear, lightly scented (lemongrass and cedarwood) formula banishes insects and protects against UVA and UVB rays. But it won't help with hangovers.



DIP SERVICE

You could drag out the food processor and blend your own tomato-based party condiment. Or, you could peel the lid off of Wholly Salsa (\$2.99, grocery stores) and have the same thing instantly without preservatives. It tastes fresh and is sold in mild, medium or (legitimately) hot.



ONE-TWO PUNCH

Husband and wife duo Andy and Jamie Dumas know how to fight — no, we mean they're both boxing instructors. And in “Knockout Fitness” (14.95, Skyhorse Publishing), they show readers the (jump) ropes: proper stance, footwork, bag basics and more.



STEAM ME UP

You've heard of steaming, right? The Sharp SuperSteam Oven (\$989, Ajmadison.com) ups the ante with “SuperSteam Convection,” a technology that combines high-temperature steam with fan-forced hot air. The result, or so the maker claims, is moist, flavorful food without extra fat.



THE KNOCKOUT WORKOUT

1 HOUR/1000 CALORIES

CALL NOW
for a
FREE CLASS!

CARDIO ■ KICKBOXING ■ BOXING

FREE WEIGHTS • PROFESSIONAL RING
UNLIMITED CLASSES • PRIVATE TRAINING



THE ROAD TO A BETTER YOU GOES THROUGH LA BOXING

www.laboxing.com

GEORGETOWN 202-388-IBOX (4269) • ROCKVILLE 301-881-IBOX (4269)
ARLINGTON 703-525-IBOX(4269) • ALEXANDRIA 703-548-IBOX (4269)

The **VERY BEST**, most authentic
and effective fitness training possible.

THE MISFITS

Q I am fairly fit, but I am concerned that working out would make me look “flatter” across the chest.

■ Here is the problem with breasts: they're made of fat. So, when you lose weight, they shrink along with the parts you're hoping to target (thighs, tush, etc.). Life's not fair, and, yep, you're right to be concerned. Sorry!

Q Given the recent, unsurprising news that the only real way to lose weight is to cut your calories, what's the best bang for my buck on that front at the gym?

■ You can burn more calories by using more muscles at the same time (they're often called compound exercises). Try the new Jillian Michaels DVD “No More Trouble Zones.” It has a ton of seriously brutal moves that are great examples of this.

Q What's your opinion about Curves? I've fallen way off the wagon, and based on what's worked for me in the past and what I've heard about Curves, I'm thinking of giving it a try. I want to tone up and lose about 15 pounds. Comments?

■ For some ladies, Curves is the ideal workout experience. Since they tend to be small, they're often in convenient locations. There are no men to hit on you in a creepy way. They make circuit training really accessible for people who don't know much about exercise. And there are probably some other selling points I'm missing.

Keep in mind, though, that the guidelines for losing weight call for more than 30 minutes of exercise a day (more like 60 to 90 minutes). So, that's the downside of the program. But, of course, you can always supplement Curves workouts on your own.

VITALSTATS

13

THE PERCENTAGE INCREASE IN THE NUMBER OF AMERICANS REPORTING SLEEP PROBLEMS SINCE 2001, SAYS THE NATIONAL SLEEP FOUNDATION.



The Big Gang Theory

The more people the merrier for these four local exercise groups

One isn't merely the loneliest number — it's also the least innately motivated to exercise. But it's easy to gang up in the D.C. area, where you can find groups devoted to almost every active pursuit. Best of all, membership is usually cheaper than joining a gym, so you can help your bottom line while working on your waistline. Don't just sit around waiting for an invitation. Start your sweaty socializing with these four options.

ON THE RUN

Forget stretching. Members of the Washington Runners Club

(Washrun.org) warmed up before a recent jaunt on the Capital Crescent Trail with good-natured barbs and words of encouragement before leaving in a bopping blur of spandex from their 8 a.m. meeting point at M and 33rd streets in Georgetown.

“I'm probably the slowest runner

on a treadmill, puts their headphones on, and nobody talks.”

On WRC runs, it's the opposite, promises president Elyse Braner. “You're running with other people, you're motivating each other, you can share training tips and advice, and then afterward, you can get together and socialize,” she says.

“[At] the gym, everybody gets on a treadmill, puts their headphones on, and nobody talks.”

— literally, I'm not being modest. But it doesn't matter,” says Cate Florenz, a former Marine who joined the club last fall. “It's fun. It's more social than the gym. You know, you go to the gym and everybody gets on

WHEEL DEAL

Beth Norcross founded Babes on Bikes (Babesonbikes.org), a women's cycling group based in Arlington, in October 1988. “I was a mom with three teenagers at home and was

desperate for some exercise, some fellowship and some fun,” Norcross says. “I kept seeing women biking along the trails alone and thought, ‘I wonder how many of these women would like some company if only there was the opportunity?’”

Answer: a lot. Today, there are a couple hundred Babes.

Membership is free, and Babes get together for hill and trail rides three times a week, says Marla Schnall, who heads the group now.

“It's actually harder to get a really good workout when you're riding outside as opposed to [in] a Spinning class, because it's just not safe to be riding so hard that you're heart is pumping and you're almost falling off your bike,” but you get to be outdoors, she says. “We go to some fun and beautiful places, riding our bikes and talking. It's just a wonderful way to spend the day.”

HAPPY TRAILS

Don't take this the wrong way, but maybe you'd like to take a hike. The \$10 annual membership in the Capital Hiking Club (Capitalhikingclub.org), currently celebrating its 71st year, puts you in the know about the group's Saturday trips to locations two hours outside the District. The club also arranges urban hikes near Metro stops and specialty hikes, such as monthly moonlight walks in Great Falls and beach hikes in the summer, says Katherine Shore, the group's publicity director.

KICK IT

If competition is your goal, give your workout a kick with the Capital Coed Soccer League (Theccsl.com), which has more than 1,100 registered players, 38 teams and four divisions, says Commissioner Sanjay Nayar. The spring season starts March 29, but there's a catch: You have to be on a registered team's official roster to join the league, which has a lengthy waiting list.

Once you're in, though, beyond the team fee, all you really need are shin guards (they're mandatory) and matching jerseys (they're not). “Even the matching jersey rule is fairly lax, as we don't want to make people have to spend money on fancy official jerseys,” Nayar says. “It helps if somebody on the team owns a ball, too.”

STEPHANIE KANOWITZ

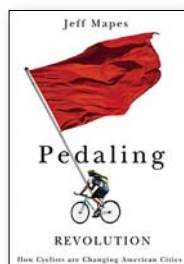
Ride the Revolutionary Road

An Oregon biker thinks U.S. urban environments are in a cycling boom

When Jeff Mapes hopped on a hybrid 10-speed in '95, his only motive was to find an easy way to get to work. It turns out the 54-year-old political reporter for the Oregonian wasn't just commuting. He was joining a "Pedaling Revolution" (which happens to be the name of his book, due out March 20). He'll stop by the League of American Bicyclists' annual meeting Wednesday (Ronald Reagan Building Amphitheater, 6:30 p.m., free) to discuss why Americans like him are embracing two wheels over four. A chat with him reveals one clear fact: America is in for one wild (bike) ride.



A local revolutionary pedals the streets of Washington. In his book, Mapes outlines why more Americans are following suit.



last year, but it was a pretty good spike. I do think every time there is a jump in gas prices, more people try [cycling]. They're looking

in some ways because of gas prices — that was the first sudden spike up. It wasn't as dramatic as going up to \$4 a gallon like

for alternatives. A certain number stick with it, you know?

Is there a social element as well?

Yes. What I've noticed in Portland, San Francisco, Seattle and New York is that at a certain point it starts to become more viral. People see their friends doing it; they see it reflected in the media. It starts becoming more of an acceptable thing. Even if you don't have a friend who does it, let's say you meet someone at a

cocktail party who says, "I do this all the time." You start having more connections; it seems more doable. We like to think of ourselves as lone wolves, but actually we're more like sheep.

What are the reasons people give you for not wanting to do it?

Concern for their safety. If I offer any advice to people it is to take it slow. Starting out, ride on the most pleasant, sunny, safe days. Try out

a route on a weekend day when the traffic is very light and learn to get that route down. Maybe get some help from someone who is more experienced to help figure out the best way to go.

Where do you see the revolution going in the next five to 10 years?

It's going to be a much more common and mainstream form of [urban] transportation. Then the

GIVE IT A SPIN

→ Pedal to Garfield Park (First St. and Maryland Ave. SW) Friday at 8:30 a.m. to join the ninth annual Congressional Caucus Bike Ride. The casual, 8-mile street ride concludes at the Capitol. Go to Bikeleague.org for details.

question is: Does it start to spread out from there to where the majority of Americans live, which is in the suburbs? Arlington is a good example of where you're seeing a lot happen.

I lived there way back in the early '80s and I'm always struck when I go back by how much more urban it feels. I think we're entering this sort of urban century where a lot more people are going to live in places like Arlington, for example, where it's going to get denser. It's not just going to be solely car-oriented. Whether we're going to look like Amsterdam, I'm not so sure about that. But I do think that in a lot of cities, I think it's going to become a very mainstream, well-accepted form of transportation. KRIS CORONADO (EXPRESS)

Trail Blazer: For more on local biking culture and events, visit Expressnightout.com/trailblazer

What's causing the uptick?

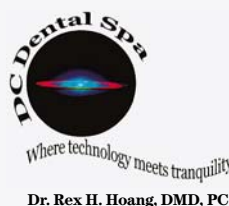
It's very much an urban phenomenon, and you're seeing a lot more in the cities than in the suburbs. Two thousand five was a watershed year

**You Owe It To Yourself To Try Laser Dentistry.
No Shot, No Drill, No Pain**

Laser & Spa Dentistry, Power Bleaching, Invisalign & More

\$99* New Patient Special

Examination, X-Ray
and Cleaning



Dr. Rex H. Hoang, DMD, PC

We Cater To Cowards!

DUPONT CIRCLE
1325 18th Street, NW • Suite 203
Washington, DC 20036
Hours: 7 am - 9 pm
202.833.8724

FOGGY BOTTOM
730 24th Street, NW • Suite 7
Washington, DC 20037
Hours: 12 pm - 8 pm
202.833.8724

www.dcdentalspa.com

**Visit Our New
Foggy Bottom
Location**

The White Stuff?

The udder truth about whether cow's milk really does a body good

"Milk is a deadly poison," according to the Dairy Education Board. In fact, if you peruse this special interest group's Web site, Notmilk.com, you'll find dozens of articles about the purported evils of this popular beverage. One claim, for example, is that milk from cows contains cancer-causing hormones and dairy industry dollars have kept that fact bottled up. This may leave you second-guessing your next sip. So, we've investigated all the anti-milk claims, sifting through the research while also turning a critical eye to pro-milk propaganda. The result: all your milk questions are answered.

? IS MILK A FAT-BURNING FOOD?

Maybe. In a six-month study, University of Tennessee researchers found that overweight people who downed three servings a day of calcium-rich dairy foods lost more belly fat than those who followed a similar diet minus two or more of the dairy servings.

In addition, the researchers discovered that calcium supplements didn't work as well as milk. Why? They believe that while calcium may increase the rate at which your body burns fat, other active compounds in dairy products (such as milk proteins) provide an additional fat-burning effect.

? DOES IT BUILD MUSCLE?

Absolutely. In fact, milk is one of the best muscle foods on the planet. You see, the protein in milk is about 20 percent whey and 80 percent casein. Both are high-quality proteins, but whey is known as a "fast protein" because it's quickly broken down into amino acids and absorbed into the bloodstream. That makes it a very good protein to consume after you work out.

Casein, on the other hand, is digested slower. So, it's ideal for providing your body with a steady supply of smaller amounts of protein for a longer period of time — such as

between meals or while you sleep. Since milk provides both, one big glass gives your body an ideal combination of muscle-building proteins.

? DO HORMONES MAKE MILK UNHEALTHY?

Not unless you're injecting the milk. Here's the full story: In 1993, the FDA approved the use of recombinant bovine growth hormone (rBGH) in cattle. This practice resulted in greater milk production at less cost to the dairy farmer. But it has also sparked much controversy, because rBGH boosts milk's concentration of insulin-like growth factor (IGF), a hormone that's been linked to cancer.

Unlike steroid hormones, which can be taken orally, rBGH and IGF must be injected to have any effect. That's because the process of digestion destroys these "protein" hormones. So, drinking milk from hormone-treated cows doesn't transfer the active form of these chemicals to your body. However, there is a downside to consider: It's not good for the cows. Canadian researchers discovered that cows given hormones are more likely to contract an udder infection called mastitis.

? WHAT ABOUT ANTIBIOTICS?

No one really knows. Some scientists argue that milk from cows

given antibiotics leads to antibiotic resistance in humans, making these types of drugs less effective when you take them for an infection. But this finding has never been proved.

If you're uneasy, you can purchase antibiotic-free (and typically hormone-free, too) milk from specialty grocers, such as Trader Joe's or Whole Foods, or select USDA-certified organic milk, which is available at most supermarkets.

? SKIM OR WHOLE?

It depends on your taste. While you've probably always been told to drink reduced-fat milk, the majority of scientific studies show that drinking whole milk actually improves cholesterol levels, just not as much as drinking skim does.

One recent exception: Danish researchers found that men who consumed a diet rich in whole milk experienced a slight increase in LDL cholesterol. However, it's worth noting that these men drank six 8-ounce glasses per day, an unusually high amount. Even so, their triglycerides — another marker of heart disease risk — decreased by 22 percent.

If you're dieting, the lower-fat option is an easy way to save a few calories. When it comes to building muscle, though, whole milk may be your best choice: Scientists at the University of Texas medical branch in Galveston found that drinking whole milk after lifting weights boosted muscle protein synthesis — an indicator of muscle growth — 2.8 times more than drinking skim did. ALAN ARAGON (REPRINTED WITH PERMISSION OF MEN'S HEALTH © RODALE INC.)



EATING IN

LOW-FAT BUTTERMILK BISCUITS

TOTAL TIME: 30 MINUTES, SERVINGS: 10

INGREDIENTS: 3/4 cup low-fat buttermilk, 1 tablespoon canola oil, 1 cup all-purpose flour, 1 cup cake flour, 1 tablespoon sugar, 1 1/2 teaspoons baking powder, 1/2 teaspoon baking soda, 1/2 teaspoon salt, 1 1/2 tablespoons cold butter (cut into small pieces), 1 tablespoon low-fat milk for brushing.

HEAT THE OVEN TO 425 F. Coat a baking sheet with cooking spray. In a measuring cup, combine the buttermilk and oil. Set aside.

In a large bowl, whisk together the all-purpose flour, cake flour, sugar, baking powder, baking soda and salt. Using two knives or your fingertips, cut the butter into the dry ingredients until crumbly. Make a well in the center and gradually pour in the buttermilk and oil mixture, stirring with a fork until just combined.

Transfer the dough to a floured surface and sprinkle with flour. Lightly knead



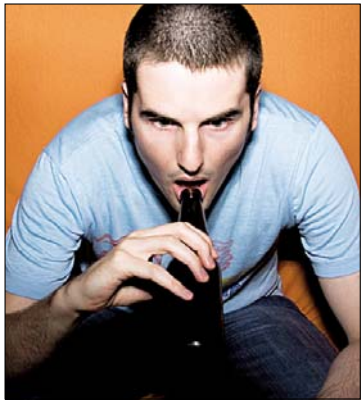
for 30 seconds, then pat or roll out to an even 1/2-inch thickness. Use a 2-inch round cutter to cut the dough. Transfer the biscuits to the prepared baking sheet.

Gather any scraps of dough, pat to 1/2 inch thickness and cut more rounds. Brush the tops of the biscuits with the milk. Bake for eight to 12 minutes, or until the tops are golden brown. Serve hot. (AP)

130 calories, 3 g protein, 22 g carbs, 3 g fat, 5 mg cholesterol, 294 mg sodium, 0 g fiber

STETHOSCOPE**ALCOHOL**
Drinking Blame

■ It was probably not so tricky to lure 80 guys (two at a time) to a room with a stocked fridge, a couch and a large TV showing either "American Pie" or "40 Days and 40 Nights." Researcher at a university in Holland had some pairs watch the flicks with accompanying ads for alcohol, while other viewer saw them without the ads and/or the films' drinking scenes. Guess who drank more, according to the study published in *Alcohol and Alcoholism*. Yep, dudes who saw boozing drank twice as much.

**EMERGENCIES**
The Plane Truth

■ Did you pack the smelling salts? Good call, because a study published in *Critical Care* found that 53.5 percent of all emergencies on airplane flights involved fainting. Other likely crises: gastrointestinal problems and cardiac events. You'll be relieved to hear that in 86 percent of these medical emergencies, a nurse, paramedic or doctor was on board and ready to assist. But be sure to take all of these numbers with a grain of salt. Although the researchers requested info from 32 airlines, only two shared their data.

WEIGHT
Hostile Makeover

■ There's a new way for guys to prevent obesity: chill out. According to a study reported in the *American Journal of Epidemiology*, the more hostile a man is, the more his body mass index increases. Both hostile men and women tend to have higher BMIs, but women's personalities don't seem to accelerate weight gain over time as men's do. Researchers suspect hostility keeps men from following diet and exercise guidelines.

How to Develop Lobes of Steel

Put your brain to work with a computer-based training program

The newest dimension of your fitness plan requires you to plant your butt in front of a computer screen and whip your brain into shape. "Most 40-year-olds are already in age-related cognitive decline," says Norman Doidge, author of "The Brain That Changes Itself." "Fortunately, it's almost completely reversible with brain exercises." Here are four programs to flex your mental muscle.

BRAIN FITNESS PROGRAM CLASSIC

\$395 (POSITSCIENCE.COM)

THE SAMPLE DRILL. High or low: Click arrows corresponding to a pattern of ascending and descending chirps, which speed up or slow down with your performance. Just when you find your groove, it becomes impossible, keeping your neurons dancing at the limit.

THE THEORY. This package targets the auditory center of the brain. Sharpening your listening skills is fundamental to improving attention, memory and overall cognitive function, given that so much of what we take in is aural. The better the recording, the clearer the playback.

THE PROOF. Ninety-three percent of elderly subjects who stuck to the program boosted their memory to levels in line with people decades younger, according to a study published in the *Proceedings of the National Academy of Sciences* in 2006.

WORKING MEMORY TRAINING

\$1,500 (COGMED.COM)

THE SAMPLE DRILL. Visual data link: Recount the order in which a scattering of dots appears on the screen, which gets difficult after about six. By eight, you're cursing. If you get to nine, notify Mensa.

THE THEORY. Adapted from a training program developed to treat children with attention-deficit hyperactivity disorder, these exercises are designed specifically to build working memory in adults.

THE PROOF. In the lab, brain scans



show greater activity in areas that correspond with working memory, and early clinical trials suggest an improvement in this capacity of up to 15 percent.

MINDFIT

\$139 (COGNIFIT.COM)

THE SAMPLE DRILL. Time estimation: Judge which lasts longer: a tone or a picture flashed on the screen (given one after the other). Then rate your own performance — another opportunity for error.

THE THEORY. This program assesses strengths and weaknesses in 14 areas, including attention, perception, memory and "metacognition" (your ability to estimate your per-

formance). Then it builds a workout from a menu of 20 drills that become harder as you improve or ease up if you're having an off day.

THE PROOF. Among a number of studies in peer-review journals, one showed that the training not only halted the otherwise steady march of cognitive impairment in test subjects but also slightly reversed it — a significant breakthrough.

LUMOSITY

\$80 PER YEAR (LUMOSITY.COM)

THE SAMPLE DRILL. Bird-watching: Part hangman, part duck shoot. Pinpoint a bird that pops up in a landscape scene without missing the letter that simultaneously

flashes on the screen. Then pick that letter out of a lineup to spell the bird's name.

THE THEORY. Think of this as a form of online circuit training for your brain, with different games targeting four mental muscle groups: attention, processing speed, memory and cognitive control.

THE PROOF. The broad approach is largely untested, because until now the field has focused on fixing problems, not preventing them. The company's research suggests improvements in peripheral vision and working memory. ERIC HAGERMAN (REPRINTED WITH PERMISSION OF BEST LIFE MAGAZINE © RODALE INC.)



Experience Renewal *at The Vein Clinic of Washington.*

Winter Special Event

50% OFF

Sclerotherapy Treatment
for Spider Veins

**for a limited time only*



THE VEIN CLINIC OF WASHINGTON

Call us today to schedule your
complimentary physician evaluation,

301-270-VEIN

or visit us online for more information.
www.veinclinicofwashington.com

The Vein Clinic of Washington
5454 Wisconsin Avenue, Suite 1040
Chevy Chase, Maryland 20815

Offering the most advanced treatments, helping you look and feel your best.

**The only regional clinic offering both laser and radiofrequency
treatments of spider and varicose vein disorders.**

Vein treatments are covered by most insurances and patients typically walk away from the procedure and are back to everyday activities within a day.

Dr. Samir Neimat, Washingtonian's "Top Doctors" for fourteen consecutive years and board certified Cardiovascular Surgeon along with Dr. John Yousif, awarded one of America's "Best Doctors" and board certified Plastic Surgeon, are working to help you look and feel your best.

Place your trust in the hands of Surgeons with over 50 years of combined experience. Call us today to schedule your complimentary physician evaluation, 301-270-VEIN (8346) or visit us online at www.veinclinicofwashington.com.